

Neighbors

No. 132

January–February 2015

FREE





INVENTORY LIQUIDATION

(IN STOCK ITEMS ONLY)

Sale ends January 31st



40% OFF

ALL DRAFTING TABLES & SUPPLIES



50% OFF

BOOKS, CARDS, FRAMED ART, POSTERS & PRINTS



70% OFF

AIRBRUSH SUPPLIES



50% OFF

DECORATIVE PAPERS



70% OFF

ROUGH WATER COLOR PAPERS & MORE (SOME RESTRICTIONS APPLY)

860-423-3223

www.lilypadart.com

Mon.- Fri. 10-5:30 / Thurs. til 7 / Sat. 10-4



ART Supplies & CUSTOM Framing
Famous for

34 North St., Willimantic, CT

Neighbors

January-February 2015



12.28.13 Big Al Anderson (seated, center) and the Floor Models at the Bread Box, St. Paul's Church, Willimantic.

Pete Polomski photo

In this issue

4-Taking a Sober Look at 2015 by Mark Svetz
 6-A Winter Farmers Market by Dennis Pierce
 8-Roll Up Your Sleeves For 2015 by Loretta Wrobel
 10-From Fantasy to Fact and Back by Phoebe C. Godfrey
 12-Defending Richard Dawkins by Cathy Cementin
 14-A Quiet Corner Film is Born VIII by Dan McGinley
 16-The Bones of Permaculture by Will Hooper
 17-The Season of Storm Blast - A poem by Georganne Sohmer
 18-Make Your New Year's Resolutions Stick by June Hyjek
 20-Mashamoquet Brook State Park by Jace Paul
 22-Love the Treadmill by Rachel Tambling
 23-Poems by Drew Dunnack
 24-Letter to Arundhati Roy by P.K. Willey
 26-Remembering the Future and ... by Bob Grindle

28-Drug Nutrient Depletion by Drs. Pasternak and Young
 30-Kerstin Utas – Principles and ... by P.K. Willey
 32-Our Community Calendar by Dagmar Noll

Also-

2nd Annual MLK Health Fair
 Joshua's Trust January Walks
 UConn's CLIR Winter Session
 Women's Club Seeks Scholarship Applicants
 Annual Giant Indoor Tag Sale
 Photos by local photographers...

And more!

Thank you to all our wonderful contributors! You make this little paper UNIQUE!

Cover photo: Tara Tranguch of Serafina Says Farm stocks her table at the indoor Coventry Farmers Market.

Photo by Dennis Pierce.

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

Tom King, Editor & Publisher
 Karen Flanigan King, Assistant Editor
 Steve Woron, Mac Guru
 Dagmar Noll, Calendar Editor
 Marisa Calvo, Graphic Design

Writers: David Corsini, Phoebe Godfrey,
 John Murphy, Dagmar Noll, Dennis
 Pierce, Mark Svetz, Amy Van Winkle,
 Steve Woron, Tom Woron, Loretta
 Wrobel

The Purpose of Neighbors:

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

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

Neighbors is published bimonthly by
 Neighborspaper LLC.
 Thomas A. King, member

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

Taking a Sober Look at 2015

The Years Roll On, Getting Better

By Mark Svetz



So, here we are. The New Year – as our culture reckons it – is upon us. Many of us use this opportunity to take stock of the year that has passed, and to look ahead and think about what’s to come. It is, I like to think, a celebration of who we are and how it stacks up against who we’d like to be. I recently observed one of those moments in my personal calendar: In December, I passed the 30 year mark since I last had a drink.

I have spent some time thinking about how my life has changed since I quit drinking alcohol. Sometimes I think it’s changed a lot. There is a song by Bill Morrissey, about drinking alcohol-free beer. He tells of driving around all night with a buddy, throwing the empties into the back of the truck, talking and laughing... “and we remembered every single thing!” I used to joke about liquor being Mother Nature’s way of protecting us from remembering all the embarrassing things we do.

The truth is, however, I remembered most of what I did – embarrassing or not – with a few exceptions. Once, not long ago, I ran into an old friend. We used to hang out years ago, and hadn’t seen each other recently. She was with her now-grown daughter, and the young woman told me a story about when she was a child and I carried her out of their burning apartment. Now, that was one I wish I could remember!

It is true that my days no longer revolve around “happy hour” and “last call.” Now, however, we have a gathering at our house each week that we call Happy Hour, or sometimes Happy Soup, which might give you an idea of what’s important these days. And while I had many adventures during my years as a drinker, those adventures didn’t stop when I quit drinking. Walking across the Footbridge on the steel girders when the deck was removed, or surfing down Main Street on the roof of my friend’s van could be seen as great adventures. But are they more adventurous than riding my bicycle across the Rocky Mountains, or going to jail for exchanging syringes with drug users as a public health measure?

My friend Michael Westerfield and I began publishing a news and literary magazine called the Windham Phoenix in 1985; I quit drinking in December of 1984. Do you think there might be a connection? In those years after I quit drinking, I still went to the pub to hang out with my friends. Tony Clark, who was my best friend and almost constant companion during the last years I drank, remained exactly that until the end of his life five years ago. “You just traded one vice for another,” Tony

said to me when I got my eighth or ninth refill on coffee one night at the bar.

I suppose Tony was right about that; he was right about most things. But I think my “vice” has always been people. As a drinker I was not often alone, although I have always treasured time alone to think and write. I often got it when others were sleeping and the bars were closed. I once told Sarah that friends are like water. The rain might not always come at a convenient time, but we know we die without the water, so we just enjoy the rain when it comes. I would always drop whatever solitary pursuits I was involved in when a friend called. Thirty years ago there was usually a bottle of whiskey involved, but I have continued to be available for adventure, fun or work when friends call.

It’s true that now, I’m less likely to jump up and run out the door when someone calls. I don’t jump so much any more, period. With or without alcohol, there are still adventures to be had, as long as there are friends around. Why just a few weeks ago, my friend John Walker called to tell me he was taking his boat out of the water. Johnny built this really beautiful boat – more like a raft, I think – and many of his friends spent countless hours on the water with him. Now he was taking it out of the water, and needed a hand. Sarah and I had a lot of fun breaking ice, getting wet, and yes, getting Johnny’s boat out of the water and onto the trailer.

So, the end of this year brings a special time of reflection for me; I am reflecting not just on the last twelve months, but on the last 30 years. Life rolls on. I can see the changes sobriety has brought with it. Certainly many things are gone from my life. I’m glad I had those nights, sitting out on Main street with a friend, great conversation and a bottle watching the sun rise over the Mills in the east. But I’m really delighted about what is IN my life, not what’s missing. My glass is, indeed, half full!

There is one thing that has remained through these 30 years, and all the years of my life: I am fortunate to have around me a community of wonderful people who so generously share their lives with me. For the past few years, we have spent Fridays with our house full of friends, and yes, some of us were drinking alcohol, but I wasn’t. What I was doing, however, was having great conversations, getting to know different people and growing closer to old friends.

In the last 45 years in Willimantic, I have been so fortunate to see these people, these connections – forged in work and play – grow around me into a close community. Over the years I have found apartments, jobs, vehicles, colleagues, friends and lovers, through that community. And lest I forget, I have also found a wonderful life.

So, as I take stock of the years, I can see the important



Grackle Glare

Photo by Pat Miller

thing is the people in my life. With that in mind, I look forward to 2015. I look forward to meeting new people, making new friends and – most important – talking and hanging out with my old friends, who have, so far, made every year the best one ever!

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.

SUBWAY

**3
Mansfield
Locations!**

125 N. Eagleville Rd.
429-6806
Eastbrook Mall
423-3611
Downtown Storrs
Now Open!
429-1515

**LOCALLY OWNED & OPERATED
FOR OVER 36 YEARS
OPEN LATE 7 DAYS A WEEK**

Support our local farmers.

You Are invited to the
**Willimant Food co-op's
35th Birthday**
Saturday,
February 14th
35 CAKES!!
LIVE MUSIC from 11-5

10 % OFF
EVERYTHING IN THE STORE
(Except special orders) **ALL DAY**
91 VALLEY ST., WILLIMANTIC
860-456-3611
www.willimanticfood.coop • Credit Cards Accepted
Monday - Saturday 9-8 • Sunday 9-6

Advertise in Neighbors
Locally Written
Locally Read

SERVING YOU SINCE 1951

*Largest Selection
of
Sewing Machines
and Vacuum Cleaners
in
Eastern CT*

Sales • Service • Parts • Accessories

**WE TAKE
TRADE-INS!**

Schillers SINCE 1951
HOME TO ALL YOUR SEWING & VACUUM NEEDS

1088 Main Street
Willimantic, CT 06226
(860) 423-6800
SchillersOnTheWeb.com

*"Expert Repairs
on all Makes of
Vacuums and
Sewing
Machines."*

*"All Work
Guaranteed-
Free Estimates"*

6 Neighbors

From the Ground Up - Buying Local in Connecticut

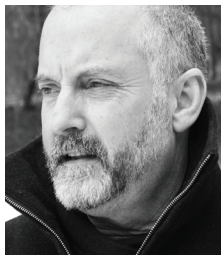
A Winter Farmers Market and Vegetable Shepherd's Pie

By Dennis Pierce

The absence of a white Christmas is very much like opening a box of Cracker Jacks and not finding a prize in the bottom of the box. I grew up in New Hampshire. My memories of winter always involved snow. As a child the weekend ritual (both Saturday's & Sunday's) was being dropped off at the local ski area with a bag lunch and change for hot chocolate. At a young age you began with the beginner's courses, snow plowing, turning and learning the correct way to fall. As you progressed and became more daring you learned how to salomon, and race downhill. After you demonstrated your proficiency of staying on the two sticks that were bound to your feet you found yourself competing on a recreational ski team where on Sunday mornings you were competing against other teams from the surrounding towns. Yes, being surrounded by snow defined what winter meant to me.

In the absence of snow, in preparation for the holidays and celebration of the Winter Solstice, my daughter, Danika and I ventured to the winter residence of the Coventry Farmers Market. The market has now moved to its winter quarters in the gym of the Coventry High School. It had been a while since I had been there and was quite surprised of the number of vendors but also the variety that was available. We picked up some fresh made pasta from a vendor from Franklin Avenue in Hartford, some hot sauce from our old friend, Doug Crane from Woodstock, cheese from Cato Farms and a bag of heritage, multi-colored carrots from a farm in Avon. The market is open every Sunday from November to February 22nd from 11:00am to 2:00pm. The High School is located at 78 Ripley Hill Road. Check out their website at www.coventryfarmersmarket.com where they have a listing of all of their weekly events that makes the visit even more adventurous.

So here is a great holiday surprise. I missed my deadline for the last issue and did not get this in on time so maybe it was fortuitous that I did because it will get you through the winter. Jack Collins, from Full Circle Farm and his band teamed up with their song, "This Life Calls to Me" and connected with one of Connecticut finest photographer, Jack McConnell and produced a great video featuring what I call the Connecticut heroes, the farmers of Connecticut. Check out the video that they produced and placed it on YouTube. Thanks for sharing, Jack. <http://youtu.be/BtXkWyNjAuE>



So where did the carrots end up? Some made it to the Christmas table with a maple glaze and the rest where in the cast of ingredients in the following recipe. Gather your winter vegetables and serve this on a cold winter's day...ok maybe a snowless dreary day but all the same it will warm your house and satisfy your appetites.

Winter Vegetable Shepherd's Pie
(Makes 6 servings)



Joann Desrochers, owner of Purity Farms in Moosup, at the Coventry Indoor Farmers Market.

Dennis Pierce photo

Ingredients:

- 4 cups of cooked and pureed sweet potatoes. If you like you can mash them instead of pureeing them.
- 2 cups of peeled and diced carrots
- 3 cups of peeled and diced butternut squash
- 1 cup of peeled and diced parsnips
- 1 ½ cups of peeled and diced turnips
- 1 ½ cups quartered mushrooms
- 1/ cup diced onions
- ½ cup of diced celery
- 3 tablespoons of olive oil
- ½ teaspoon of ground nutmeg
- 1 teaspoon of rosemary
- 2 teaspoons of salt
- ½ teaspoon of black pepper
- ¾ cup of vegetable or chicken stock (note if you use the

chicken stock the dish is no longer vegetarian).

¾ cup of apple cider

3 teaspoons brown sugar

½ teaspoons of peeled and grated fresh ginger

2 teaspoons of maple syrup

Directions:

1. Preheat oven to 400 degrees. Wrap sweet potatoes in alumni foil and bake for one hour or until soft in the center. Remove from the oven and set aside. Turn down oven to 350 degrees.
2. In a large sauté pan, sauté carrots, squash, parsnips, turnips, mushrooms, onions and celery in olive oil until onions are translucent. Add nutmeg, rosemary, salt and pepper. Continue cooking for five minutes. Don't add all of the vegetables at once. The order listed is based on the density so first add the carrots, cook a little then the squash and so on...
3. Add vegetable stock. Apple cider and brown sugar to the vegetables. Bring to a boil cook until vegetables are cooked through by not overcooked.
4. Unwrap and peel the sweet potatoes. Transfer to a food processor and puree with ginger and maple syrup or mash potatoes with syrup and ginger.
5. Place vegetables in a greased casserole and spread sweet potato mixture on top. Bake at 350 degrees for 15 minutes.

The local farmer's markets have all moved into their winter locations. A good place to find our more and support CT Grown can be found at this site: http://www.ct.gov/doag/lib/doag/marketing_files/2014/2014-2015_winter-holiday_fm_info.pdf I hope your holidays were memorable and you had the opportunity to savor some great CT food. As you are making your New Year's resolutions remember the first on the list is buy more CT Grown and maybe the second is start a garden. Peas be with you. If you have a suggestion, a recipe or a farm or local grower you would like to be featured or just tell me you enjoy this column drop me a line at Codfish53@Yahoo.com.

Annual Giant Indoor Tag Sale

Submitted by Robin Rice

Once again, The Windham Theatre Guild is getting ready for one of their biggest fundraising events of the year... their Annual Giant Indoor Tag Sale at the Burton Leavitt Theatre, 779 Main Street, Willimantic. But the Guild needs your help!! Start your spring cleaning early and donate any unwanted items to the WTG Tag Sale 2015. Drop off all items to be sold at the tag sale on Saturday, January 10th between 9am-2pm and on Sunday, January 11th between 11am-2pm. No electronics, computers, exercise equipment or clothing please! The theatre doors will open for buying tag sale items the following Saturday, January 19th from 9a-1pm. All proceeds benefit the Windham Theatre Guild. For more info call the Windham Theatre Guild at 423-2245.

Complete Foreign & Domestic Car, SUV and Light Truck Service



Regular maintenance can help keep your vehicle in top running condition. But, when repairs are needed, our A.S.E and Mastertech Certified technicians - working in seven fully equipped service bays, with up-to-date diagnostic equipment - will give you the best automotive service possible. We can quickly diagnose your vehicle's problem and make most repairs the same day.

ALL MAJOR AND MINOR REPAIRS.

- Tune Ups
- Shocks
- Batteries
- Brakes
- Mufflers
- Tires
- Air Conditioners
- Electrical Work
- Safety Inspections
- 4-Wheel Alignment
- Computerized

FAST! WHILE YOU WAIT
OIL CHANGE & LUBE
24HR TOWING SERVICE
Local & Long Distance Flatbed Towing

AUTO RENTALS
SELECT USED CARS




1856 Storrs Rd., Storrs CT
1 mi. North of Route 44
(860) 429-0001
email: tonys.garage@snet.net
Fax: (860) 429-5954
www.tonysgarage.com

DOWNLOAD OUR APP TODAY!



Where imagination becomes reality.

Kitchen & Bath Design



John French's
WILLIMANTIC INTERIOR DESIGN GALLERY

Custom Made Countertops Available
Computer Design Service
Free Estimates • Fully Insured

Serving The Community For Over 30 Years
59 Church Street, Willimantic
860-423-6082
Tues-Fri 9:30am-5pm • Saturday 9am-1pm • HIC #0564741



Roll Up Your Sleeves For 2015

By Loretta Wrobel

As you read this, we are in a New Year and it promises to be an eventful year. First up will be the vote on Keystone Pipeline for tar sands oil in the Boehner-McConnell updated Congress.

Last year we temporarily celebrated as the Senate didn't pass the bill. However, due to the gaggle of newly elected Republican Senators, Keystone will surely pass. The question is what will Obama do--veto or not? If he doesn't veto, many climate activist groups, spearheaded by 350.org, are poised to launch an all-out effort to let the world know we are not accepting this degradation of our earth. Stay tuned to 350.org for your marching orders.

For those who wish to stay local, save Saturday Jan 10. Eastern Connecticut Green Action, recently formed, will be gathering at the Ashford Town Hall at 10 AM. The group's goal is to diminish the burning of fossil fuels, which has heightened global warming. Jen Siskid, Food and Water Watch, will discuss the expansion of the Algonquin Pipeline through northeastern CT (Coventry, Mansfield, Chaplin), thereby increasing the amount of fracked gas delivered from PA to Canada and other ports on the East Coast. It is happening in YOUR backyard.

Pipelines are proliferating faster than rats or rabbits! We need to educate, organize and assume action mode. There is little time to waste as the massive energy companies are scheming and developing their strategies to overpower us and devastate our environment by trumpeting false claims that fossil fuel energy is the only answer. What is true is that these Big Guys need more profits for their greedy paws.

Why is this important? The year 2014 was the hottest ever in history. The pipelines are creating toxic environments wherever they are placed. The tar sands oil is the dirtiest fuel, requiring much output of energy to release the oil from the sand. Fracking pumps deadly materials into our earth and fractures the internal structure of our planet. Why are we blowing up our earth and poisoning our air?

There are other solutions, namely clean renewable energy. The power boys, such as Trans Canada, want us to believe tar sands is a solution to the world's energy crisis. The major energy companies are against renewables because fossil fuels are more profitable. It is hard to lease the sun or wind.

Climate change is a real issue, and as we saw at the Peoples March, there are thousands of smart people who do not want our planet to be violated for the sake of major corporations that only want power and dollar signs. This insatiable drive for fossil fuels is detrimental, as carbon emissions from burning these fuels spawn serious health



concerns, lead to record breaking climate events, and are costly. Native Peoples have not been consulted as land is taken over for pipeline development. Bold Nebraska is fighting the taking of lands through eminent domain as that is illegal in Nebraska. South Dakota has Indigenous Tribes battling to secure their treaty rights, as they have not been consulted regarding seizing their lands for the pipeline.

Making loud noises does make a difference. In December of 2014 fracking was banned in New York State. If NY can do it, any state can.

The developing nations at the UN Climate Change talks in December in Lima were strident in claiming the wealthier industrialized countries must pay for the damage done by excessive carbon in our atmosphere. At COP (Conference of Parties) 20 the developing nations spoke of the horrendous effects of climate change (floods, drought, water scarcity, rising waters and unpredictable weather) on their countries. They demanded climate justice, as they are suffering from super storms, poor health, and are less able to recover from the economic damages of climate change.

John Kerry, Secretary of State, attending COP20, made an impassioned plea for alternative energy, renewables, and decreasing emissions. He reported that rebuilding after severe weather events in the US in 2012 cost 110 billion dollars. In the Philippines the bill topped 10 billion after typhoon Haiyan's devastation in 2013. Even a smaller flooding event in the UK early in 2014 cost 1.3 billion. So much for cheap fossil fuel energy from those who feel we can't afford to switch to renewable clean energy!

Let's energize ourselves with some successes from last year's ballot initiatives. Several states passed populist ballot initiatives such as preserving unspoiled wilderness, banning fracking, overturning Citizens United, and raising the minimum wage. In terms of last November elections, only 36.4 percent of registered US voters actually exercised their right. Have we forgotten the importance of voting?

So I urge you to stay awake and make an impact locally, nationally or internationally. The planet needs help to improve the atmosphere, mitigate the toxic effects on our health and create economic opportunities through changing to alternative, renewable and safer energy. There is no dearth of opportunities. Stay aware of what shenanigans Congress is cooking up to extract more from each of us.

You can join local groups, write letters and call your Congress people, or simply speak out to your friends and family to educate about the catastrophic long-term impacts of fossil fuels. Stay tuned to what the Nebraska Supreme Court decides on Keystone. We can break the chokehold that the major energy companies have on all of us by rolling up our sleeves, collecting the facts, and speaking out about climate change and fossil fuels.

2nd Annual MLK Health Fair

Submitted by David Lau

Windham County - Eastern Connecticut Area Health Education Center (AHEC), Inc. is hosting their 2nd Annual Health Fair on Dr. Martin Luther King, Jr. Day of Service scheduled for January 19, 2015 from 1:00-5:00 pm at Calvary Fellowship Church, 2 Birch Street, Willimantic, CT 06226.

Projects are taking place in all fifty states and include delivering meals, refurbishing schools and community centers, collecting food and clothing, signing up mentors, reading to children, promoting nonviolence, and much more. In Eastern Connecticut, Eastern CT AHEC, Inc. will remember Dr. King's life and legacy by encouraging residents of Windham County to take action toward health equity within their communities.

Eastern CT AHEC, Inc.'s Health Fair on MLK Day of Service will begin with a keynote speaker, Stephanie Guess, Director of Managed Services at the Department of Mental Health and Addiction Services in the Southeastern CT Mental Health region. Throughout the day, the Health Fair will offer educational tables, health screenings, "Free" flu shots and raffle prizes. The goal of the Health Fair is to engage the community in disease prevention and health promotion by fostering health, wellness and medical care awareness. Collaborative partners include, but are not limited to; Generations Family Health Center, Windham Hospital, Inter-professional Education (IPE) Clinic, NAACP, ECSU Women's Center, Walgreens Pharmacy, Calvary Fellowship Church, Willimantic Police, Access Health CT, Connecticut VA, Lupus Foundation of America, American Cancer Society, American Lung Association and American Heart Association. They will provide information about their services, programs and volunteer opportunities available to the community.

For more information regarding this event, please contact Eastern CT AHEC, Inc. AmeriCorps members David Lau, Youth Health Service Corps (YHSC) Coordinator, at lau@easternctahec.org or Gina Lopez, Collegiate Health Service Corps (CHSC) Coordinator, at lopez@easternctahec.org or call 860-465-8281 ext. 105.

Eastern CT AHEC Inc.'s mission is to enhance access to culturally and linguistically appropriate healthcare education and increase the diversity, quality, and distribution of future healthcare professionals. Refer to <http://easternctahec.org/> to learn more about Eastern CT AHEC, Inc.

In 1994, Congress designated the Martin Luther King Jr. Federal Holiday as a national day of service and charged the Corporation for National and Community Service with leading this effort. The MLK Day of Service is a part of United We Serve, the President's national call to service initiative. It calls for Americans from all walks of life to work together to provide solutions to our most pressing national problems. The MLK Day of Service empowers individuals, strengthens communities, bridges barriers, creates solutions to social problems, and moves us closer to Dr. King's vision of a "Beloved Community."



LONDON TIRE... DOES MORE THAN JUST TIRES!

We specialize in....

- Brakes • Exhaust • Alignment Shocks
- C.V. Joint & Axles • Struts
- Front End Repair • Under Car Repair and More!



















LONDON TIRE

39 Years of Hometown Service
YOUR INDEPENDENT TIRE DEALER

Just 2 Miles South of the New Thread City Crossing Bridge on Rt. 32, South Windham
RT. 32, SOUTH WINDHAM 456-0000 Mon.-Fri. 8-5:30; Sat. 8-1:30

Please thank and patronize our advertisers for making Neighbors possible. T. King, Publisher

D & D Auto Repair

VOLKSWAGEN SPECIALISTS



Dedicated to quality,
expert repairs!

Dependable,
personalized service!

Family owned
and operated
since 1992

Convenient location
in the Holiday Mall, Storrs

860-429-7471

Call for an appointment
We look forward to hearing from you!



1733 Storrs Road/Rte 195, Storrs, CT 06268
Business Hours: Monday - Friday • 8:00am - 5:30pm

Deadline for March-April 2015 issue of Neighbors is Wednesday, February 18, 2015

From Fantasy to Fact and Back

By Phoebe C. Godfrey

Anything being capable of being believed is an image of truth.

William Blake



In reflecting back over the past year, I have noticed an interesting pattern that fits nicely with a book I also happen to be reading. The book, *The Crack in the Cosmic Egg: Challenging Constructs of Mind and Reality* by Joseph Chilton Pearce was first published in 1972 and begins with his story of once as a young man being in a trance-like state in which when he applied a lit cigarette to his skin he was not burned. This began his journey into questioning the ‘nature of reality’ and to recognizing, as many others have around the world and

throughout human history, that “reality is not a fixed entity. It is a contingent interlocking of moving events. And events do not just happen to us. We are an integral part of every event” (p. 3). From a sociological perspective, this recognition of the co-construction of reality is termed the ‘social construction of reality’ as it is a fundamentally social enterprise, and is a perspective that I myself ascribe to and teach. We are born into a socially meaningful world that is sustained, as Pearce states “by agreement on which phenomena are currently acceptable” (p.6). What however I have been enjoying from Pearce’s articulation of this perspective that fits so nicely with my experiences from the past year is his expression that “the language of fantasy goes before the language of fact” (p.9) and that

“New representations of reality, new ideas, new fabrications of fantasy searching for supporting logic, must precede the ‘final’ discovery by which verification of the notion is achieved” (p.11). To put it more simply, it is not that a separate, hence objective ‘reality’ exists out there waiting for us to ‘discover’ it but rather that our ideas, hence fantasies, about reality, contribute to that which we discover and therefore experience.

To further help illustrate the distinction between how we ‘normally’ understand reality in this culture and how in this case Pearce is defining it, I will reflect upon a number of examples from my past year. Back in the spring some readers may recall that I wrote about my adventures with my health having been diagnosed with a ‘complex mass’ on my ovary that branded me with our culture’s ‘scarlet letter’ that is the letter

‘C’, as in having cancer. And as in the past for women given the letter A for adultery, branding in today’s world with the letter C sends one into a universe where fear is the symptom and radical intervention, i.e surgery, is the cure. However, I chose to defy the stern advice of my gyno-oncologist in favor for what I identified as ‘the Wise Woman Way’ based on the work of Susan Weeds and the insights from the ‘non-healer’ I had been to see. This ‘non-healer’, who self-identified as such saying ‘heal yourself’, who proposed I stop eating gluten as an alternative to surgery. And this is what I did along with taking up many other non-conventional healing modalities. For what Susan Weeds and others offered me was the possibility of other realities and the recognition that they are not fixed but become so only to the extent that we ‘agree’ with what the collective has decided is true. I chose not to ‘agree’ with the ‘experts’ and found myself living out a different reality from the one I had been offered by the



medical establishment. I remain on a gluten-free diet and have had two follow up ultra-sounds that continue to show that my mass is stable and seemingly benign. Of course this doesn’t necessary mean that I ‘cured’ myself of cancer, or that I even had cancer in the first place or that either of these statements are even meaningful in that what became reality was the perception that I acted upon and continue to act upon thereby putting the ‘language of fantasy’ before the ‘language of fact’.

Another example has been my experiences in the co-creation of CLiCK, the non-profit commercially licensed co-operative kitchen I have been working on with my wife Tina and assorted others since 2008. What stands out here for me is given the fact that despite all the odds against such a innovative project, it has come to exist as a real thing / place and is set to begin operation by the end of January or early February, once we meet all the requirements of the Health Department. Now obviously humans have been ‘creating’ social organizations and institutions for 1000’s of years but this is the first one that I personally have ever created. Having therefore gone through the process, I now understand much better how, as long as the fantasy is held onto by at least two people who speak of the fantasy as if it were fact, then the miracle of creation can happen. I am reminded of Jesus’ claim that whenever two or more are gathered in his name that he will be there. When Tina and I look back at how it is that of all those who were originally involved with the idea of a shared use co-operative kitchen, we remain the only two who are still

actively involved, we recognize that it comes down to us being a couple and that more than anything gathering day after day, year after year together in the 'name of CLiCK' has brought it to be 'there.' What CLiCK has become and continues to become is an ever evolving process as new people bring their own fantasies to play out in the formation of our collective reality. Keeping this process alive, of going from 'fantasy, to fact and back' is something to which I am very committed in contrast to what is the social norm. Most often this process ends once a given fantasy has been made manifest as 'fact' by the original founders. The ascribed fact/reality becomes rarified by social 'agreement' into a perceived solid that is then defended by those involved against further development, against a new influx of fantasies as to what else the organization / institution might become. A simple but highly ironic example of such a process would be the founding of this country that was based on a fantasy of freedom and equality only to become, once formalized by the founders, resistant to the practice of any freedom and equality on the part of others not like them (i.e non-males / non-elites / non-whites...etc). Recognizing that such a process is in fact the norm and that cracks in our social eggs both big and small are resisted as Pearce says by "The high priests" (both big and small) who control "our cultural circle" (p. 17) helps me and hopefully you to see why recognizing these cracks is vital to the imagining and creating of that which is new and that which remains new and therefore vital.

Given that 2014 is being declared the hottest year in recorded human history it is more important than ever that we begin to seek out and add to the cracks in our socially constructed egg for it is through these cracks that I have come to know the truth of Leonard Cohen's lines from his song "Anthem" which beautifully state, "There is a crack in everything. That's how the light gets in". Here's to more and more light!

Wood Pellets for Pellet Stoves

BUY NOW & SAVE!!!

We have Bio-Bricks! **Call For Price** **We have Bio-Bricks!**

G.M. Thompson & Sons, Inc.
 54 Middle Turnpike, Mansfield Depot
(860) 429-9377
 Mon. - Fri. 8-5:30 pm, Sat. 8-3 pm, Sun. Closed




— THE —

MILL WORKS




Unique Workspace for Lease

Our work spaces combine wood and brick with an abundance of natural light and water views to provide an inspirational environment for creative thought. This historic setting enhanced with current technology offers a peaceful and productive workplace where ideas become reality...

Professional Offices ~ Studios ~ Shops Performance Venue
 Short-term transactional rentals available and Gallery Coming Soon!
(Suitable for film and audio production, workshops, special events, and more) Excellent Rates ~ Flexible Terms

THE
PLACE
TO
CREATE

156 river road, willington, ct 06279 • 518.791.9474 • www.themillworks.us

Dana P. Woods, MD William J. Kaufold, MD

Board Certified Ophthalmologists

Medical and Surgical Eye Care

Routine Eye Examinations * Premium Refractive Implants

Contact Lenses * Glasses * Designer Frames



(15% off Glasses with a Routine Eye Examination)

Optical Shop (860) 456-SPECS (7732)

NEW PATIENTS ALWAYS WELCOME

83 Quarry Street, Willimantic, CT 0622

(860) 423-1619

Optical Michael S. Cooper, OD

View all issues of Neighbors
 from January 2013 to present on our website:
neighborspaper.com Advertising and circulation
 information is also on the site.

12 Neighbors

Defending Richard Dawkins (or The Open Windows of Science)

By Cathy Cementina

Richard Dawkins is an evolutionary biologist who is perhaps best known for his publicly proclaimed atheism. Some people find him mean and arrogant in his dismissal of religion and all things “spiritual.”



But if people could suspend their religious beliefs, they would recognize that there are few individuals as full of awe and reverence for natural existence as is Richard Dawkins – and that we can learn from him. It is that awe for what is all around us in its manifold splendor that renders Dawkins impatient with those who want more. Isn't this enough? Why invoke another dimension to life? Why devote oneself to Forces or Beings beyond what we experience in the natural world when the natural world (in fact the universe) speaks to us constantly about what life is, how we came about, how we are connected to all other beings, and what an extraordinary reality we live and breathe every minute? This is Dawkins' message and the energy behind his atheism. Seen in this light, Dawkins' call to turn away from the supernatural and focus on the life around us is as heartfelt and loving of all existence as any religion or faith I've encountered.

But the universe and the natural world will only speak to us if we listen. Dawkins' bet is that if we listen, we will fall in love. What does it mean to listen to the natural world? It means, alas, to do science.

Dawkins wrote a book that angered people of faith called *The God Delusion*. But then he subsequently wrote a book called *The Magic of Reality*. What he means by “magic” is not the supernatural. Rather he is referring to “poetic” magic:

We gaze up at the stars on a dark night with no moon and no city lights and, breathless with joy, we say the sight is “pure magic.” We might use the same word to describe a gorgeous sunset, or an alpine landscape, or a rainbow against a dark sky. In this sense, “magical” simply means deeply moving, exhilarating: something that gives us goose bumps, something that makes us feel more alive.

In *The Magic of Reality*, Dawkins then goes on to show us that reality -- the facts of the real world as understood through the methods of science -- is magical in this poetic

sense, the good-to-be-alive sense. Many of us have had a bad experience with science. Too boring, too difficult, too detailed. And you've heard this sort of claim: “Science can't draw meaning out of the world; it can't speak to the holistic picture with which I am concerned. What can a bunch of isolated empirical facts tell me about existence and being?” Well, Dawkins would respond -- try it. Ask the questions. Do the work to learn. (Or ask for help in understanding.) You will be gratified by the wonder and wisdom that come out of that effort.

Take the question, for example: Why are there so many different forms of animals on the earth? In the *Summa Theologica*, St. Thomas Aquinas provides us with a supernatural explanation:

Because the divine couldn't image itself in any single being, the divine created the great diversity of things so that the perfection lacking in one would be supplied by the other, and the whole universe of beings participate in and manifest the divine more than any single being whatsoever.



Does that explanation satisfy you? It's simple and aesthetically pleasing, but it does not do justice to the extraordinary process of evolution that is in fact the driving force behind

the vast diversity of species on our globe. In *The Magic of Reality*, Dawkins allows that process to speak to us when he carefully explains the emergence of three types of Iguanas on three of the Galapagos Islands. Originally migrating from the mainland, the Iguanas were all of the same species. The Iguanas became separated by geography into new and different island environments for which natural selection would have favored new survival skills needed to adapt (or die). Eventually, after a long passage of time, those Iguanas who could initially cross-breed with each other (the definition of species), evolved so differently that they were no longer capable of mating and producing offspring which could in turn produce viable offspring. Out of one species come three. Multiply that process a hundred-fold, a thousand-fold, across time and you have the awesome diversity of life forms on earth from a few ancestral species. In fact from a few forms of the original replicating cells we now know of as DNA. No reliance on supernatural Beings or transcendent forces to explain this astounding fact. Rather it is science that has led us to understand a key facet of our existence.

Or take just one other example: What is a rainbow?

There are peoples throughout history who have believed a rainbow to be some sort of divine or supernatural presence. In the Book of Genesis, a rainbow is actually God's bow, which he put up in the sky as a token of his promise to Noah and his descendants. And we all know the Irish myth of the pot of gold at the end of the rainbow. Dawkins takes us back to Isaac Newton who did interesting experiments at his home with light and prisms. At that time, people believed that the prism somehow "colored" the white light going through it. Newton's idea was different. He thought that white light was a mixture of all the colors and the prism was just separating them from each other into a spectrum. He was right, and he proved it with a pair of nifty experiments. In Dawkins' words:

White light passed through a slit in Newton's curtain and through the first prism, which spread it out into all the colors of the rainbow. The spread-out rainbow colors then passed through a lens, which brought them together before they passed through the second of Newton's prisms. This second prism had the effect of merging the rainbow colors back into white light again. That already neatly proved Newton's point. But just to make quite sure, he then passed the beam of white light through a third prism, which splayed the colors out into a rainbow again! As neat as any demonstration you could wish for, proving that white light is indeed a mixture of colors.

When a beam of light travels through air and hits glass, it gets bent. The angle at which light bends is slightly different depending on what color the light is (and therefore its wavelength). Going through the prism (glass) bends all the colors making up white light in slightly different ways, separating them out into an array of colors as they emerge from the prism. Collectively (in a far more complicated process) raindrops act like Newton's prism, bending the sunlight through them and thereby separating white light into the array of colors that comprise those amazing rainbows we see. (P.S. If you want to see a rainbow you have to have the sun behind you when you look at a rainstorm.) What might be explained away as a manifestation of some supernatural force becomes yet another instance of our incredible natural world when understood through science. And, in Dawkins' words, "when we unweave a rainbow, it will not become less wonderful."

One question that science has not answered, and may never answer, is why is there something rather than nothing? What started the whole process? St. Thomas and other believers would say that the divine or God started up all that is. But what we know from the natural world, as Dawkins emphasizes in *The God Delusion*, is that complexity on the level of a divine being who manages such a feat is something that comes only after a long incremental process of evolution or development. The natural world tells us in infinite ways that the natural flow of things has been from simplicity to complexity. So how can there be a God of such magnificent complexity at the beginning? In Dawkins' words, "Creative intelligences, being evolved, necessarily arrive late in the universe, and therefore cannot be responsible for designing it." And finally, how does one avoid the infinite regress of then

continued on page 31



When The Time Is Right
renew,
redecorate,
rediscover

the excitement of living
in your home.

The right changes can make you fall in love with your home all over again. We have every element you need to create the home of your dreams, one affordable step at a time.

Cabinets - Counter Tops
Carpeting - Flooring
Come see our wool carpets

Stop by today for the best products, advice and inspiration to bring home a whole new look.

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

27 MEADOW STREET, WILLIMANTIC • 860-450-8442



Hours: Mon.-Fri. 9 to 5; Sat. 9 to 1

Special Appointment Available Upon Request



Deadline for March-April 2015 issue of
Neighbors is Wednesday, February 18, 2015

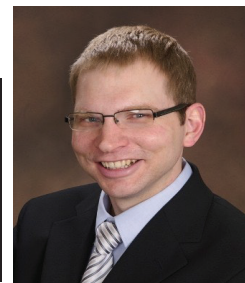
**Would you have surgery without a
second opinion?**

No.

**Then why sell perhaps your
largest asset without one?**

Noah King, Realtor

The "King" in Real Estate



Ashford native and resident for 30 years providing accurate,
comprehensive and data-supported pricing and terms.

Mansfield

860-450-8134

A Quiet Corner Film is Born, Part VIII

Bragging Rights to On Schedule and WAY Under Budget

By Dan McGinley

“The theory that nowadays you can learn filmmaking by shooting on home video makes a lot of filmmakers nervous, of course, for it suggests that any imaginative person out there right now can teach himself how to make great imaginative movies, meaning there would be more competition in an already competitive market. But it’s true. And they should be afraid. They should be very afraid.”

Director Robert Rodriguez, from his book *Rebel Without a Crew, Or How a 23-Year-Old Filmmaker with \$7,000 Became a Hollywood Player*; A Plume Book; 1995.

I had mentioned Robert Rodriguez before, and the lessons we have taken away from his book and video about making films is absolutely priceless. I am out to make him proud.

I’ve just released our “official” trailer on Facebook and Vimeo, and Google if it works. The title is *Life During Voodoo*, if you have access to these sites.

On the very end of our trailer I placed that quote by Robert Rodriguez above, followed by:

“This film is being produced for less than a thousand dollars.”

I quickly removed it, because although it’s entirely true, it’s also entirely impossible for people in the industry to believe such an outrageous claim, and if we are ever in a position to negotiate for a deal, it could hurt us in so many ways. They won’t even watch it.

Take *Good Will Hunting*, for instance.

Rumors flew for years that Ben Affleck and Matt Damon wrote that film while drinking beers and shooting hoop in a driveway near or in Boston, that they joked and thought about this great story until eventually, it got serious attention from big players.

Then it comes to light that hey . . . the original script was about a young man out of Southie who is indeed smart, but targeted by the FBI to become an agent. It’s far from the finished product we all know, until Rob Reiner comes in and urges them to drop the thriller aspect, and screenwriting legend William Goldman (Butch Cassidy and the Sundance Kid, *The Princess Bride*) rewrites the script, and *Castle Rock* pays well over a half-million for the treatment, and so big money and actors come into play.

They shoot in Boston and Toronto, build entire sets, and big money makes big money.

Can small money make big money? Can REALLY small money make REALLY big money? *Burt’s Bees* started as a couple in Maine producing products out of beeswax, and eventually sold to Clorox for almost a billion dollars late in 2007.

A little imagination goes a long, long way. According to Albert Einstein, it’s more valuable than intelligence, although

I think the line between them can be thick or thin, depending on individuals. And sometimes you need an intelligent, analytical person to keep bohemians grounded in reality, or a bohemian to open up some possibilities. Where was I?

Life During Voodoo.

We have been shooting and shooting like crazy, omitting crap and keeping the good scenes, then building off those good scenes to make better scenes. We’ve been using the natural personality of our cast to create characters in this story, rather than attempting to employ years of acting classes and experience that most of us simply don’t have. You like to drink and party? We’ll create scenes from a party or the day after, and progress the story. Beers and cigarettes make a GREAT cinematic atmosphere, as does a growly hangover. Believe me, it’s going to be sad, interesting, or funny as hell. You have a fascinating house full of statues and pictures and other pieces of art? The camera may roam during dialogue. Storyboard a scene before shooting? Maybe I’ve done stick figures a few times. We go to location and let that set talk to us. We think so far out of the box, we’ve exited the realm of geometry. Stick to script? How can a thespian act natural if it’s not in their own words? We are all about improv. We shatter rules every time. Break away from film school dogma? Who knows? We’ve never been to film school. One night I let the dogs out and saw clouds moving fast like smoke across the full moon. It was amazing, unscripted, and came out of nowhere. It’s in the film at a crucial point, when voodoo comes into play. It is a very powerful intro.

So we are trying to wrap within the next few months, but nobody seems to care and sometimes it seems as if we are ALWAYS trying to wrap within the next few months. We are “shooting hoop in the driveway” for real and slowly, slowly, getting it done. I think we’ve lost and obtained more talent than any movie ever made, and it’s still in progress. What happened to that local “star musician”? She never called back or answered inquiries, and we don’t need her anymore. Blues talent is all around the *Quiet Corner*. What became of the demon bartender in early scenes? He joined the National Guard and just finished training. We may use him again, in some later scenes. What about the leading man? He had job conflicts, and too much time passed. The leading man is typing this now.

And so it goes. We are still well under the average cost of an indy film, which is about \$750,000.00. Yup, we are \$749,000.00 under budget. Will it fly? Will it get noticed? Do we care? To some degree, if we have any pride at all.

But check the trailer out, and see what you think. We lost some quality in the transfer, but that’s okay. We’re still working on it, and waaaaay under deadline.

Simply because . . . we don’t have one.

Life During Voodoo is due out this year, in theaters or a cheap little DVD blank from Staples. Stay tuned.

Joshua's Trust January Walks

Submitted by Angelika Hansen

January 10, at 10 am Join Ken Hankinson, the Steward of the Doris and Al Tobiassen Memorial Forest in Tolland for a walk on the Winterside. The relatively easy 2 hour hike winds through a wooded parcel, crosses brooks and old stone walls. Birds and wildlife sightings are very likely. Dress warmly and possibly use Yaktrax or STABILicers depending on conditions. Severe weather may cancel. Directions: From Rt. 31 and Rt. 44, north on Grant Hill Rd, 2.8 miles to Noah Lane. Turn right on Noah Lane, go to end and park on right side of the cul-de-sac where the trail begins. Call Ken Hankinson by 9 am the morning of the hike for updates, 860-871-7592

January 20, at 1 pm Join Marcia Kilpatrick, Joshua's Trust Chair of Outreach Committee, for an easy walk on flat terrain at the Hubbard Sanctuary in Chaplin. The hike will follow along a trail that passes a very large field and a pond, into a forest passing another pond, then back to Garrison field and the parking lot. Please, dress for the weather, especially footwear. Directions: Park at the Chaplin Town Hall on Rt. 198, 2.2 miles north of the intersection of Rts 6 and 198. For information, please call Marcia Kilpatrick at 860-455-1226.

UConn's CLIR Winter Session

Submitted by Cathy Cementina

UConn's Center for Learning in Retirement (CLIR) begins its winter session January 20th continuing through to the first of April. You don't have to be retired to come join us and discuss foreign policy issues, adventures in archaeology, or the local impact of Climate Change. These are but a few of the classes offered this winter. For more information concerning class offerings and registration, see CLIR.uconn.edu or call (860) 570-9012. Or pick up a brochure at your local library. Registration is easy and inexpensive. Classes are held during the day on UConn's Depot Campus, Route 44.

Quiet Corners Fiddlers, eastern CT



Every Tuesday 7-8:30pm

Workshops for novice fiddlers, Danielson CT
Saturdays 10-11:30; Jan 24, Feb 28, Mar 28

Info: Chuck at 860-423-5403

Lettering & Graphics

Banners • Magnetics • Decals
Full Color Photo Signs, Carved, Electric & Neon
Signs for Real Estate, Trade Shows, Site Signs, Window Lettering
Cars • Vans • Trucks • Motorcycles • Boats

Signs Plus
OF WILLIMANTIC, LLC

Ph: 860.423.3048
Fax: 860.456.3003
700 Rear Main St.
Willimantic



Gary Lawrence

LAWRENCE REAL ESTATE

"We Care"

860-429-7240

email gary@lawrencesells.com

Confidential Counseling Services Offered

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

glawrencesells.com

126 Storrs Road, Mansfield Center, CT 06250

Be Light as a Feather

Loretta Wrobel • Feminist Therapy

860-429-2629

297 Pumpkin Hill Road, Ashford, CT 06278

860-233-6076 (Office) Sliding Scale

HOSMER MOUNTAIN



HOSMER MOUNTAIN BOTTLING CO.

Since 1912

217 Mountain Street, Willimantic, CT 06226

(860) 423-1555 • Fax (860) 423-2207

email: mail@hosmersoda.com • www.hosmersoda.com

Make Your New Year's Resolutions Stick

By June Hyjek



New Year's resolutions are always filled with the best of intentions and hope for a better year this year than last year. Each year we make them, and each year we break them. And perhaps some of the most common resolutions – and possibly the most difficult to keep – are about health. Losing weight, getting to the gym, cutting out sweets, taking time out and reducing stress.

But what happens when February rolls around and those good intentions that are so difficult to stick to have instead become a source of frustration and self-recrimination? Why don't they stick?

There are many reasons why New Year's resolutions become another year of abandoned wishful thinking. See if any of these sound familiar:

No detailed plan or strategy – “I will go to the gym.” If your resolution lacks specifics about how often you'll go, how long you'll stay and what you'll do when you get there, it's going to be easy to give up on this one. Make a gym appointment in your calendar, and if you can, enlist a buddy to go with you to make the appointment stick. Hire a personal trainer to get some structure to your workout routine and to make sure the time spent is effective.

Too big and not measurable – “I will eliminate my stress.” Unfortunately, stress is everywhere. While eliminating it may be too tall an order, managing stress will provide significant health benefits. That said, a resolution to manage stress still requires specific actions that can be planned and followed through on. Start small by resolving to give yourself a short break each day as a “time-out”. Don't answer the phone or check emails, and turn off the TV or radio during that time. Close your eyes and just breathe for 100 breaths. Or, take a yoga class each week or schedule time to take a walk to a quiet place. And maybe on one morning each week, you can let yourself wake up naturally, without an alarm, at whatever time that happens to be.

Too focused on the number and not on the intention – “I will lose 30 pounds.” While specifics measurements are important, being too rigid or too focused on the numbers can torpedo you as well. What happens if your goal is to lose 2 pounds each week, you do everything right, and at the end of the week, the scale hasn't moved? And what if your body really doesn't need to shed 30 pounds? It's a set-up to fail. Instead of focusing on the number, focus your resolution more on developing healthy eating habits. Watch your portion sizes, drink more water (half your body weight in ounces), and limit processed foods. If the goal is to lose weight, then better habits will accomplish that. But don't start too big by trying to make too many changes at once. Start with incorporating one new habit at a time. And as the year progresses, allow your plan to evolve and be refined.

Too unrealistic – “I will not eat sweets.” While commendable, this resolution is just not realistic. Between birthday parties, holiday treats, and the kindly co-worker who insists on sharing his/her baking skills with the office, temptation will be there. Focus instead on limiting your intake of sweets to a specific kind or frequency. An all or nothing approach will sabotage your intentions.

Externally motivated – Let's go back to “I will lose 30 pounds.” If YOU want to lose the weight, bravo! But if the resolution is the result of external pressure to do so, it will never work. Make sure that what you resolve to do is in line with your own vision, not what someone else thinks you should do.

Too many resolutions – If you try to change everything at once, you will find you don't have the resolve to stick with any of them. Pick what's most important to you now. You can always add another resolution on during the year. There's no law that says we can only resolve to better ourselves at the start of the new year.

Let this year be the year you accomplish your goals! Make your resolutions specific, measureable, intention-based, realistic, self-motivated and focused. Success breeds success. When you find yourself able to accomplish one resolution, you will find it easier to stick to the others.

And let's try something new! In addition to identifying and choosing your resolutions, this year, also try employing the power of your mind to make them become real. Pick your primary goal for this year, write it down and post it somewhere you will see it every day. Phrase your resolution not as what you will do, but as what you have already done. Then try a visualization exercise. Sit down in a quiet place and get comfortable. Create the intention by stating your resolution out loud and imagining yourself as having already accomplished it. Spend some time with these images and use all your senses to make them real to you. Incorporate the images into your body. What does it feel like? You may also want to use this exercise when you are struggling with temptation or on a regular basis to continually strengthen your resolve.

Don't let this year's resolutions become next year's resolutions! Many blessings for a fulfilling 2015!

ketti

Art Studio and Gallery

861 Main St, Willimantic, CT, 06226

www.kerriquirk.com

Dede Delaney
C 860-455-3612
redtwig@sbcglobal.net

HORIZONS
www.horizonsct.org

The Season of Storm Blast

By Georganne Sohmer

The season of storm blast and stippled smoke forest
 Stroked licorice black against pale tissue skies
 Is here once again, and the last days of autumn, dry-crackled and thin.
 The shimmering golds and the reds incandescent, the russet
 That fed sweet October and more
 Are flailed now to harvest or pummeled by sleet and wind
 Pulped to a pallid light, near to December white, sheer as rice paper.

Upon it write all signs are winter-portending:
 Hoarse cries of geese in flight and pond-sheltered goldfish whisked rudely indoors,
 Shivering sparrows and rackety finches
 Scattered like split corn on cold cupboard floors.

Upon it write shifting light, season is turning:
 Green lawns grow bearded and every crisp footfall is mud-leaf encrusted,
 Cornhusk and apple and squash-yellow pumpkin
 Mold in dank furrowed fields, hay-strewn and rusted.

Upon it write shadows fall deeper and early:
 Wind whips the cavernous vapors around us and howls at the street lamps,
 Calls to mind other years, chalk moons and stinging ears,
 Smell of wood burning through dark foggy damp.

The season of snowsky and icerain and hoarfrost
 Glazed on the morning grass, limned on the window glass
 Is here once again, and the last of the too-swift year gray with regret,
 Surrendered by gasping spring to summer's what-might-have-been
 With promises still on the stem,
 Hopes warmed in August light now worm-scathed and frost-set,
 Scythed in an autumn flash, flame-turned to silky ash, fine as rice paper.

Dear Reader-

Please consider contributing to
 Neighbors-

Write an article about a person
 you admire or a local program you
 believe is important. Take a photo
 of a friend, loved one or pet. Write
 a poem or a piece of flash fiction.
 These pages would be full of press
 releases and 'fluff' without sub-
 missions from local residents who
 care about each other and their
 community. T. King, Publisher

MJT
Roofing



Quality doesn't cost, it pays.

SHINGLE · CEDAR · FLAT · METAL

(860) 455-8096

CT Lic.# 0628045

www.mjt-roofing.com

RI Lic# 34173

Stacked Functions: The Bones of Permaculture

By Will Hooper

The soul of permaculture, its animating force and source of ethos and direction, is its intentional ethics of “earth care, people care, fair share.” In turn, these lead to its fundamental focus on decentralized, local sustainability. These goals elevate the whole exercise beyond ‘just another way to plant tomatoes’ and recast permaculture from a grab bag of techniques into a unified, directed toolkit of principles for regeneration and transformation of environments.

Soul gives life and goal and purpose, but it does not translate by itself into results. The structures by which the moral impetus of noble ideas transform good intentions into actual results, the framework by which efforts can actually be applied - the bones of permaculture, in other words - come via basic principles of action. This issue, I’m focusing on one of those principles, stacking functions.

The principle of stacking functions dictates that, in a given system, each element should perform multiple duties. Understand from the beginning that this is profoundly different than “multitasking”, that mostly-mythic story we tell ourselves to justify the insanity of trying to do eight separate tasks at one time, effectively doing none of them well or with attention. Multitasking is trying to do multiple tasks. Stacked functions is succeeding in being multiple things.

A well-done system of interlocking, interdependent, multiply redundant (so the failure of any one element can’t crash the works) stacked functioning systems not only builds a powerfully resilient permaculture system, but also creates momentum in a system - the better the design is, the less and less maintenance it requires to keep going.

To easily map out the concept, visualize every element of a system in terms of the same basic characteristics: What outputs does it produce? What inputs does it need? What actions does it perform? Connecting those needs, products, and actions into other outputs, needs, and places in the system creates an interlocking, mutually supporting permaculture project.

As a case study, I planted a couple of dwarf pear trees in my front yard. This stacked many useful functions. Let’s use the simple model from above to see those functions clearly.

First, the dwarf pear grew edible fruit, meeting my need for good food (produces). Second, during the heat of the summer, its leafiness shaded the area around it, protecting it from overpunishment of late summer sun (performs). Third, its root system helped hold the soil on the slope of the front yard, and better tapped deep moisture than the shallow rooted plants around it, helping the soil stay moist and building undisturbed soil structure (performs and produces). Fourth, its leaf-dropping habits returned useful biomass to me every year (produces). Fifth, it bloomed every spring, attracting pollinating insects and beautifying my yard (performs). The dwarf pear required full

sunlight, good water access, and protection from rodents and boring insects (needs).

To multiply the utility of the dwarf pear, I put other plants in relationship with it. I started with low-growing blueberry bushes, about ten feet out from the tree’s base. This means the tree’s feeder roots weren’t competing with the blueberries, and the tree’s eventual spread wouldn’t shade them completely. The blueberries yielded delicious and healthy food (produces). Second, they evolved to root shallowly in organic-rich soil on forest floors (need), so they were quite happy to live in the heavy mulch around the tree base (so the mulch is also stacking functions, doing double duty as a protective layer and as a rooting soil) and thrive in the sunny-but-not-vaporizingly-hot environment created around the tree, as they liked cooler soil, so their needs are being met in large part by the natural production and performance of the tree. Third, both they and the pears needed pollinating insects, and flowered to attract them, so planting them close together increased the local density of honeybees and the like (needs of both end up mutually benefiting both). Fourth, like the tree, as perennial plants, they improved the soil in the long term by holding together a deeper, undisturbed soil structure (both helped create the soil structure both needed). Fifth, as moisture-loving shrubs that don’t like to drown in too much water, the tree helped keep them moist (tapping deeper water and bringing it to the surface via its roots and its transpiration) while at the same time providing a “sink” for excess water in the area (need met by tree’s performance). Finally, the blueberry bushes’ growth helped suppress weeds and grass from growing too near the tree base, which helped the pear tree, as certain grasses chemically retard tree growth (performance meeting the tree’s need). Their presence then helps reduce the amount of mulch needed right around the tree base, which in turn helps limit places for rodents to live (performance meeting a tree need). Also notice that blueberries fruit before pears do, so I’m not dealing with both plants needing harvesting at the same time.

To multiply the utility of both systems, let’s put them in good relationship with me. I received exercise and satisfaction from planting and maintaining them, as well as super nutritious, homegrown, completely pesticide-free food – no “food miles” here, we’re talking “food steps”. Hugelkultur in both beds ensured greater health for plants, and a use for previously wasted scrap deadfall. I learned a great deal about the care and feeding of fruit crops. My landlord received long-term value increases on his property, which encouraged him to let me do more radical alterations to the yard. My neighborhood, a somewhat rough place at points, got a small increase in beauty and stability. Wildlife found more places to nest and hide. Bees found food.

So these examples mostly show the physical side of function stacking, but it runs deeper, much deeper, than just clever aligning of inputs and outputs. It produces a change

in perception, creating not only a vision that sees connections rather than isolated elements, but a tolerance for the inevitable chaos present in a system. I've recently been digging a hugelkultur bed, and keep turning up big pieces of fieldstone. Since I think in terms of stacked functions, however, this isn't a source of frustration and cursing the ground; it is a source of free stones, which I'll use to line beds, build garden paths, and so forth. Now I can be thankful that the garden is providing for another need, that I hadn't even thought of, so I don't spend time and money and gasoline going to buy premade generic paving stones at a store somewhere.

Good examples of stacked functions abound, and I'll be trying to tie in this principle as I discuss planting choices, bed designs, and so forth in later articles. Some additional places online with good examples:

Stacking functions with plant guilds:


http://greenhousebed.com/Permaculture/permaculture_examples.htm

An example almost humorous, and almost divine, in its simple straightforwardness:
<http://mindinthesand.blogspot.com/2011/04/stacking-functions.html>


One of the most accessible-to-beginners-but-still-useful-to-experts examples, the famous Native American "Three Sisters" method of intercropping corn, beans, and squash: [http://en.wikipedia.org/wiki/Three_Sisters_\(agriculture\)](http://en.wikipedia.org/wiki/Three_Sisters_(agriculture))

Keep listening, keep learning, and I'll see you next issue.

Natural Physicians ready to listen...



Dr. Ashley Burkman Dr. Tonya Pasternak Dr. Craig Fasullo Dr. Lauren Young
Board Certified Naturopathic Physicians



CONNECTICUT
NATURAL
HEALTH
SPECIALISTS

**315 East Center Street
Manchester
860-533-0179**

**In Network Providers for
Most Insurance Companies**

Deadline for March-April 2015 issue of Neighbors is Wednesday, February 18, 2015



**TERRY'S
TRANSMISSIONS**

WE KEEP YOUR REAR IN GEAR

Ashford, CT (860) 429-6571

**WEB ADDRESS:
www.terrystransmissions.com**

EMAIL: terrys.trnsmsns@snet.net

**860-429-6571 Phone
860-429-0246 Fax**

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

Neighbors-
Black & white
And read all over!



K-FAP Archery
11 Phelp's Way
Willington, CT

**Target Archery-
Instruction, Sales and Range**

**Instructor-William Hall, former National Champion and
Olympic Trials finalist, with over 20 years of coaching
experience.**

**Instructional programs for students
of all ages and skill levels**



Spring Session Starts April 6

For information & registration visit
Kids-First Archery Programs at:
www.kfaparchery.com
Or call (860) 987-2660

Please thank and patronize our advertisers for making Neighbors possible. T. King, Publisher

Eastern Connecticut from the Trails - Mashamoquet Brook State Park

By Jace Paul

The days are shorter, the weather unseasonably warm but often gray and damp, and hiking is probably far from the center of our attention. I'm often asked by acquaintances if I continue to hit the trails during the winter, and the answer is always "yes," though less so than when New England is in her full glory during the spring, summer, and fall. If you don't like cold and choose to wait for fairer days to go abroad, I recommend getting started in early April. Eliot may have deemed it "the cruelest month" in his celebrated poem "The Wasteland," but it's the finest time to observe the New England forests come to life again.

One park that I've hiked in every season is Mashamoquet Brook State Park. Located in Pomfret, Connecticut, Mashamoquet is the former land of the Mohegan Indian tribe. The name of the park comes from the Mohegan language and means "the stream of good fishing." The principal hiking trail is the blue-blazed Mashamoquet Brook Trail, a loop of approximately five miles and moderate difficulty. Along the trail are the fabled Wolf Den, once the lair of a great she-wolf, and two fascinating natural structures, Table Rock and Indian Chair. The park features two campgrounds, ample picnic space, a small pond for swimming, and an old grist mill - all of which you'll have to use when they're open in the summer.

If you're new to hiking or want to take it slowly, the variable terrain of the blue trail makes it suitable for hiking in segments. When I picked up hiking again, I began at the Mashamoquet campground entrance just off of Route 44 and headed south. At Table Rock, I'd turn and head due north, to complete a loop of approximately 2.5 miles - a one hour hike at a leisurely pace. There's never more than a very slight incline along the blue trail west of Wolf Den and along all of the red and red/blue trails; hikers looking for an easy stroll will find these trails satisfying.

The blue trail between Table Rock and Wolf Den campground is more challenging. Although just over a mile long, there are several near-vertical ascents and areas where boulder scrambling is required. If you begin your trek at the main entrance or at the Mashamoquet campground, follow the road past the ranger hut once you emerge from the trail. Cross Wolf Den Road and pick up the blue blaze trail next to a large rock with the word "Mashamoquet" painted on it.

Another great hike - especially for families - is the short yellow trail running east along the brook in the north end of the park. To reach it, simply follow the park road to the end and park at one of the picnic sites. The trailhead is a steep incline flanked in summer by touch-me-nots.

On the Wolf Den side of the park, accessible by Wolf Den road about a mile down the road from the main entrance, there's a lovely bird walk and wildflower garden. The wildflowers here

tend to be early successional, or pioneer, species. These are among the first plants to grow in an area severely disturbed by natural disasters like fires, or anthropogenic disruptions like logging and agriculture. The large protected marsh can be viewed from a platform; bring your binoculars to take in water fowl and other wildlife. The ranger station for the park is also located here if you find yourself in need of maps or directions (both typically available even if the ranger is absent). There's also a potable water spigot for refilling your canteen.

Connecticut's official flower, the Mountain Laurel (*Kalmia latifolia*) grows abundantly in Mashamoquet, particularly along the red trail that more or less bisects the park. The vivid pink flower of the plant blooms in May and June, and is accompanied by a sweet fragrance. A large swath of Mountain Laurel bushes can be found if one takes the red trail heading south from Wolf Den Drive toward Table Rock.

One of my favorite experiences in Mashamoquet took place in the late summer of 2011. I climbed on top of an erratic (a large boulder dropped into New England some 20,000 years ago during the last ice sheet withdrawal). At length, the breeze abated and the forest fell into a hush. I heard only the sound of songbirds and occasionally a rustle of leaves from a foraging squirrel. The moment brought on a rush of sudden and unexpected peace, or what some might call a liminal moment - a brush with the greatness and mystery of the universe. It was a centering moment in an otherwise chaotic time in my life, and a reminder of just how important a relationship with nature is.

The trails and the natural rhythms of a forest can calm and refresh, but it's important to remember that they pose certain risks as well. Even in the small forests and parks of Connecticut the prudent hiker should take reasonable precautions to avoid emergencies. In my experience, new hikers and casual outdoor recreationalists tend to magnify very small dangers and minimize very significant ones. Neophytes tend to fret over



Mashamoquet Brook in summer. The water level is generally high in the late spring spring and early summer, but tapers off as the year goes on. To get the best views of the brook, take the short yellow trail that begins at the end of the main park road. Jace Paul photo

bears, wolves, snakes, and other wildlife that they perceive as the primary dangers of time spent in the woods. In fact, wolves and the eastern cougar are extinct in Connecticut, and the bear population is slight and concentrated in the northwestern corner of the state. We are far, far more likely to suffer injury or death from the car ride to the forest than we are from any inhabitants of it.

This time of the year, the cold and dark are your only real concerns. In general, new hikers aren't aware of how rapidly weather can change over the course of an afternoon, and dress too lightly as a result. Dress in layers, so that as your exertion increases you can cool off and re-warm as needed. Bear in mind: evaporating sweat will cause a significant cooling effect. Be especially careful if there's a significant wind chill, as fast winds can penetrate even heavy layers with a vicious cold.

Hiking in the dark is also a risk even if you have a map or know the trail well. A flash light or (preferably) headlamp can help, but easily avoidable hazards like roots and rocks become more of a threat in darkness. In any case, the parks are officially closed at sunset, so you should plan a route and pick a time to embark that gets you back to your car before the daylight is gone. Keep up to date on weather forecasts for possible fog, rain, or snow, and tread with extra care if there's ice or snow on the ground.

See you on the trails.

Jace Paul is a writer and photographer who lives in Willimantic. He is the author of two books of verse: Eggshells & Entropy, and King's Road to Pleasant Street (and Other Poems to Nowhere,) and a number of screen projects including the series "AP Life."

22 Neighbors

Running With Dr. Rachel

Love the Treadmill

By Rachel Tambling

Generally, most coaches, myself included, only recommend using the treadmill for a portion of runs, or when running outside is unsafe during a training cycle. Given that races are generally held outside on the uneven ground, it's important to get used to running on uneven ground, with wind resistance, and on courses with turns for best race results. In this Running with Dr. Rachel, I present several strategies for safe and happy treadmill running.

Generally speaking, treadmill running is easier than running outside. The moving belt enables faster leg turnover, making it easier to run faster with lower effort levels. The soft, bouncy surface of the treadmill also doesn't enable to same soft tissue adaptations as running on a harder surface, so soft tissue injury is a possibility when returning to the road. Finally, there are no adverse circumstances on the treadmill - no weather, no turns, no cracks, no lumps and bumps. The body and mind don't have an opportunity to adapt to the reality of running in imperfect conditions, on an imperfect surface. There is also a distinct psychological benefit to running outside that has been established in several studies. Research suggests that runners simply enjoy outdoor running more, and feel better after an outdoor run.

That being said, there is no evidence that running on a treadmill is detrimental. There are a number of studies to this effect, and the treadmill is a well-established training tool for runners at every level. Most people accept that treadmill running is just fine if it is done well, with proper mechanics, and in moderation.

If you're planning to use the treadmill for a portion of your training, here are some great tips to love the treadmill.

First, monitor your form to avoid injury. It's hard to love the treadmill if it's hurting you. It's best to run most of your treadmill runs at a pace that feels easy and use the treadmill for speed work cautiously. The treadmill enables a runner to program a pace and hold that pace long after the runner tires. Running a too-fast pace when you're tired on a moving belt can result in over-striding, landing with the foot too far in front of the body. Running a too-fast pace on a moving belt can also result in all manner of problems with running form. Poor form and over-striding can lead to hip,



knee, ankle, and hamstring pain. To resolve this, monitor your form and your stride rate. If you stride rate is lower than at the same pace outside, you're over-striding, using the belt to propel you, and at risk for injury.

Run a variety of runs on the treadmill. It's tempting to run the same pace at the same incline mile after mile, settling into a treadmill routine. The treadmill belt's flat, smooth, uniform surface ensures that you work your muscles and joints in exactly the same way. Too much of the same is a bad thing and can result in repetitive stress injuries. For treadmill happiness (and less boredom!) change up your run, using the treadmill's programs, or running a variety of speeds and inclines on each treadmill run. Here are two treadmill runs I love (visit my website at DrRachelRuns.com for more workouts like this):

Commercial Fartlek - Warm up 10 minutes at an easy pace. When a commercial comes on, increase your pace by 30-60 seconds per mile until the commercial is over, at which time you return to the easy pace. Continue on until you reach the desired mileage or time. Warm down by running 5ish minutes at a 1-0% incline.

Character Fartlek - Warm up 10 minutes at an easy pace. Select a particular character in the show/game. When the character comes on, increase your pace by 30 seconds per mile until the character leaves the scene. If the character speaks or does a target activity in the scene, increase the incline by 1%. Once the character stops speaking or leaves the scene, return to the easy pace. Continue on until you reach the desired mileage or time. Warm down by running 5ish minutes at a 1-0% incline.

Finally, make your treadmill run as much like an outdoor run as possible.

Even if you could just pop your water bottle on the console, carry your bottle or wear your belt as you might outside. Wear appropriate running shoes, not beat up old gym shoes, and use the treadmill as an opportunity to mimic race conditions. Practice slowing down to drink if you normally do, or wear a race-day outfit that isn't appropriate for your outdoor conditions (a great option if you're like me and race in warm weather conditions on vacation during a frigid winter). The more you can vary your treadmill running, and make that running as close to outdoor running as possible, the safer, and happier you'll be.

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.



Poems by Drew Dunnack

Arboreal

Noiselessly
like an owl gliding from
limb to limb
Regret visits each tree
in this dark forest

Trail Markers


Because I told the warblers
about us
the trees blocked the sun
with their leaves.

I don't care if I get lost.
I'll scrape my elbows on your bark.

By the marsh, swamp maples lean-
That's how I want you
to support
me.

Swamp Prayer

Row upon row upon row of blazing green-
Skunk Cabbage
twisting towards the sky
like a mass of clasped hands.



Susan Gerr
Birch Mountain Pottery Studio Gallery

Special commissions considered
www.birchmountainpottery.com
Rt. 195, 223 Mellow Rd,
Tolland Shopping Plaza, Tolland
(860) 875-0149
Tues - Thurs 10-9, Fri and
Sat 10-5, closed Sun and Mon

Support your local community potter

BAGEL ONE 6-3 Monday - Saturday
7-3 Sunday




FREE 

Full Breakfast & Lunch

351 Boston Post Road, North Windham, CT 06256 • 860-456-9505



Form and Function
Hemp Bags & Clothing

*natural fibers,
handsome,
handmade.*



Made in Willimantic

www.SarahWinterClothworks.com

Available at Swiftwaters Artisans' Co-op 866 Main St, Willimantic

Happy New Year
From all of us at Swift Waters Artisans' Coop




866 Main St.,
Willimantic
860-456-8548
Open 6 Days a Week
www.swiftwaters.org

HST
Home Selling Team
HST
At Homesellingteam.com

What's my home worth?
HST Sold Data
Search homes by price
100 HST reviews

452 Storrs Road, Mansfield 860-456-SOLD (7653)
info@homesellingteam.com
Homesellingteam.com

Please thank and patronize our advertisers for making Neighbors possible. T. King, Publisher

Advertise in Neighbors
Locally Written
Locally Read

Clarifying Gandhi #3: Letter to Arundhati Roy

By P.K. Willey

Arundhati Roy is an Indian author, who received the Booker Prize for her novel, *God of Small Things*. She has used her fame and writing skills admirably, becoming an activist, an honest and un intimidated journalist, exposing propaganda vs. ground realities on many justice issues in India and thereby, the planet. Her essay, "For the Greater Common Good," would, in educational systems seeking to honestly inform and prepare students, be required reading.

I appreciate her work. Recently, however, she has begun to portray Gandhi in ways that, from my research, are inaccurate. Seeing a video interview of Roy with Laura Flanders on True Grit, "Debunking the Gandhi Myth", and other public venues, in which she exhibits a lack of understanding of his life and thought, I felt compelled to answer. The next few articles will be excerpts from "An Open Letter to Arundhati Roy by an American." The order of paragraphs is changed to accommodate the limits here, and not lose the essential points.

Part 1: Sex and the "Saint"

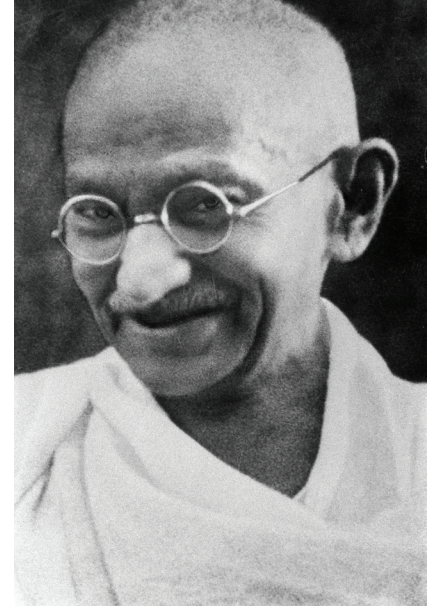
Dear Arundhati Roy,

...Following your activities, I now see that a misinformed view of [Gandhi's] thought and action has led you to misrepresent Gandhi unfairly to the public around the planet. Churchill said, "A lie gets halfway around the world before the truth has a chance to get its pants on." On your own lack of accurate historical perspective on caste and other issues, you yourself have said, "I do not write from a position of authority. I write from the position of a writer who engages with things that she feels are important to her, and to the society that she lives in." And as you write, so do you speak.

As an American, it's always a bit of a surprise to see how little modern, "educated" India seems to value Gandhi. With all the inside acrimoniousness of an extended family, many people feel free to take pot-shots at him based on hearsay. As a long-term resident and guest in India at different times in my life, I have been genuinely dismayed to even see some "ochre-clad sannyas" types filled with anger and disgust towards him. Discussion has been limited: Their ideas of themselves being "sannyas" has an order in it, in which I am on the receiving end of their entitled intellectual outpourings. They are right because they are "red". Input is not desired, nor even possible.

At this point in time, you are an international figure. Because you are Indian, the world populace thinks you know about Gandhi. The world looks up to India because of Gandhi, and expects to learn from Indians about the great ideals that

he espoused. However, the vast majority of people, if they hear you say that Gandhi was a racist, or that he supported the caste system, will not bother to do their homework, and find out if what you have said is true or not. If they hear you imply that he was a lecherous man, they will accept it as truth, because you are Indian and represent an educated and intellectually enlightened perspective of the 'global left' (if there are sides to this one muddled, bloodied, Earth). I know you are a rational person. Your writing and reasoning show that you possess that rare capability of amending your mistakes – something that Gandhi cultivated within himself to a great degree.



Tushar Gandhi, the great grandson of Gandhi, exasperated perhaps at your comments, has suggested you introspect on Gandhi. I don't think introspection will do; you do not know the reality of his work, nor the context of the sentences that you have attacked. Introspection deals with the interaction of knowledge and conscience. I hope that you will try to see the man more wholly than you presently are. You cannot deny his positive and intense love for humanity, his striving to know truth, and that he used his education to uplift India. Gandhi is the man who nearly died to end the Hindu-Moslem riots, fasting unto death, scraping consciences with the unifying power of love, digging beneath personal religious identities. Taking a sentence from here or there, and lashing him with it, you do your own capacity for discernment a disservice.

To exhaustively respond to each of the allegations and insinuations one finds from you, if I pull in all the quotations of Gandhi, show you the progression, and discuss the historical, social, cultural, psychological contexts, demonstrating how you have taken things out of context, this letter would become a volume, perhaps not to reach you for another five years. It is because I sincerely believe that you would not willingly spread misinformation, that I try to use my years of study and research on Gandhi to authoritatively inform you about some of the errors of the judgment you have meted out on him. I hope that this letter will better inform you, and inspire you to acquire the background required for a balanced and rational consideration

In the interview with you, Flanders ends with a comment and cluck on Gandhi at 70 years of age, sleeping naked with his young grand niece! The distinct impression the viewer is left with is that you have created and backed a view of Gandhi as a racist, a caste supporter, and with your statements and visible agreement with Flander's comments, that Gandhi was a dirty old man.

It is clear that you have no real understanding of what brahmacharya entails, and that you react on the global perception of Gandhi as Mahatma. You call him the `Saint' then paint him as dubiously so. Do you know that Gandhi did not appreciate the title of Mahatma bestowed upon him by Tagore? It awoke that great idealizing worship of personification that lies in the breast of the Indian psyche, which has made democracy into dynasty, and humans into gods. Both publicly and privately, Gandhi expressed his own sense of unworthiness for such a title. He never claimed Mahatma-ship, and once when 66 years old, he spoke about one of the times that he experienced sexual lust:

I have been trying to follow brahmacharya consciously and deliberately since 1899 [the time of the Anglo-Boer War in South Africa which affected him greatly]. My definition of it is purity not merely of body, but of both speech and thought also. With the exception of one lapse, I can recall no instance, during more than thirty-six years constant and conscious effort, of mental disturbance, such as I experienced during this illness. I was disgusted with myself. The moment the feeling came, I acquainted my attendants and the medical friends with my condition. They could give me no help. I expected none. I broke loose from the experience after the rigid rest that was imposed upon me. The confession of the wretched experience brought relief to me. I felt as if a great load had been raised from over me. It enabled me to pull myself together before any harm could be done. [by 'harm', he does not mean indulgence in sexual relationship, but inner harm, a weakening of his intense control over his mind] But what of the Gita? Its teaching is clear and precise. A mind that is once hooked to the Star of Stars becomes incorruptible. How far I must be from Him, He alone knows. Thank God, my much-vaunted mahatma-ship has never fooled me [my emphasis]... Unwearied ceaseless effort is the price that must be paid for turning that faith into rich infallible experience. But the same Gita says without any equivocation that the experience is not to be had without Divine Grace. We should develop swelled heads if Divinity had not made that ample reservation. i

But let us look at the elephant in the room: Gandhi slept near a young girl, both naked. Under a sheet. If there was any sexual attraction, interchange, coercion, no matter what his intention, that was wrong. The girl was young and impressionable. Even if she wasn't, I would think it wrong. Gandhi was an elder, a leader; in any situation, that itself would exert coercive pressure. But again, context is everything and

continued on page 31



Nature's Health Store
Gluten Free
Market & Deli

603 Middle Tpke (rt 44) Storrs, CT M-F 9-6 Sa/Sun 10-4
860.477.0802

<https://www.facebook.com/NaturesHealthStoreCT>
info@natureshealthstores.com

TO-GO ORDERING:
SALADS, SANDWICHES, WRAPS & SMOOTHIES
Fresh home-made vegan soups
Fresh cooked and baked items in our deli
Daily specials
Polish specialties (Pierogies, Borscht)
Everything home-cooked, home-made, gourmet

Never Stop Looking Good!

\$15.99 Hair Cuts
walk-in anytime
860.487.0700

JUST **Cut to the Chase**
Hair Salon

Next door to Price Chopper in the University Plaza's lower level
1232 Storrs Road Storrs Connecticut 06268

Please thank and patronize our advertisers for making Neighbors possible. T. King, Publisher

Hajosy Residential Design Build
Master of Architecture Degree
25 Years Building & Design Experience

860-684-5600



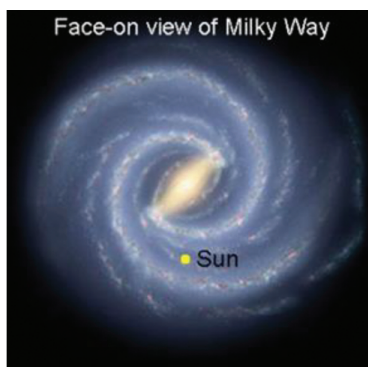

Design Services
CAD Drafting
Engineering Services
General Contracting Services

Remembering the Future and Thinking of Home

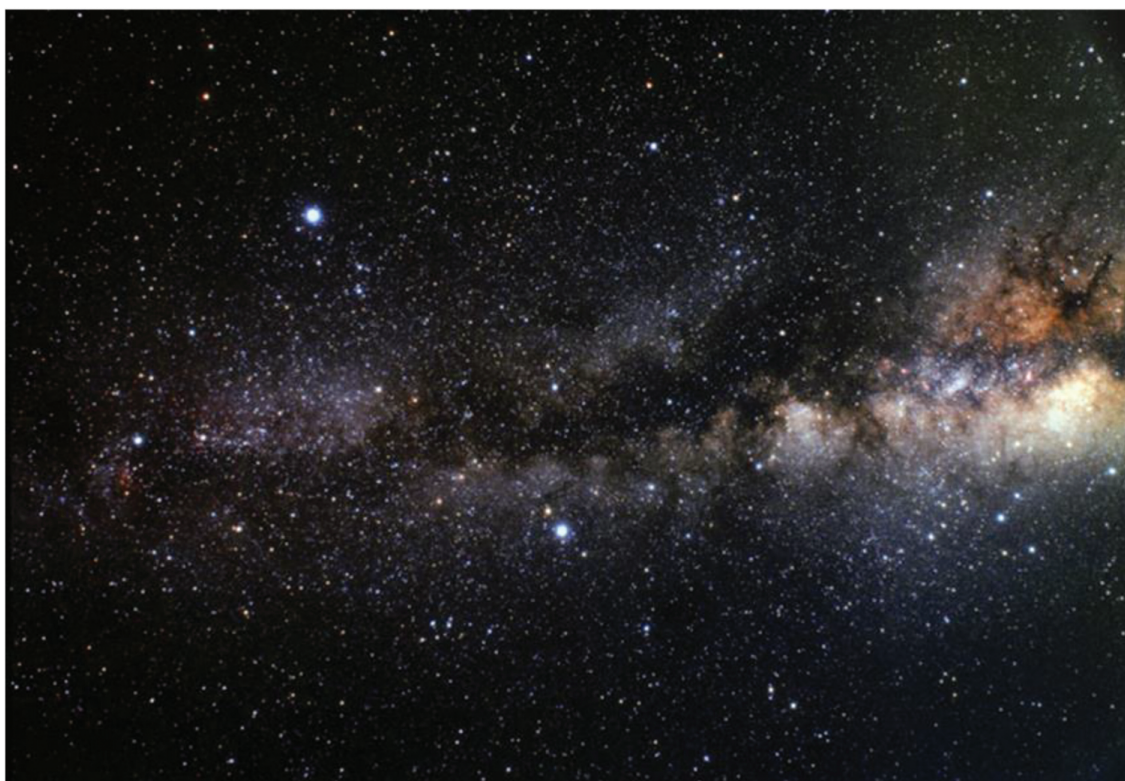
By Bob Grindle

In a curious sort of way each one of us lives our own personal Big Bang. We all start as two cells—egg and sperm—and, through the magical transformation from fertilization to adulthood, become the 37 trillion or so cells that make up every adult human being. Little wonder then that our earliest ancestors looked for simple abstractions to try and understand the world around them and their place in it. The tradition continues to this day, I'm afraid. People still look for ways to simplify the complexities of modern living, each of us adapting our own individual "enigma" machine to help decode the world and our place in it.

As a kid I used to love the future. It was a powerful siren. There was the end of school, with summer adventures just around the corner; Valentine's Day to brighten up dreary February; vacation trips to the Great Lakes regions of the upper Midwest loomed on the horizon; Popular Science magazine's end of the year look at the car, or house, or clothing, or vacation, or journey of the future; and there was always science fiction, with its tantalizing visions of a future filled with alien worlds and humankind rising to and overcoming every amazing challenge. It is fun now, from this somewhat adult perspective, to look back at how exciting it felt



At left, is an artist's view of how our galaxy would look if viewed from above. The photo at right shows the edge-on view looking at it from the side. The Sun's position in both views is marked. *NASA graphics*



When we look up at the disk of the Milky Way's out edges, we see the densely clustered stars as a band of light. Our view is dappled with dark clouds of cosmic dust that hide the more distant stars. One dust patch is known as the Dark Horse (upper right corner of picture) *NASA photo*

to look forward.

It is fun, still, to feel that same excitement about the future. When children marry, or babies are born, or medical advances are announced, maybe even beholding the most recent vehicle of the future, and for sure when we are able to land a satellite on a comet, it is thrilling to think about humanity's future, not just in space, but here on Earth, our home. If Earth

is our home, then the Milky Way is our neighborhood and, like the big bang expansion from single cell to complex organism, human beings seem destined to explore and force their world to expand from womb to cradle to home to planet to stars and, perhaps, beyond.

The stars that surround Earth all belong to the Milky Way Galaxy, which is an enormous disk-shaped collection of hundreds of billions of stars, as well more gas and dust than exist in all of those billions of stars. The Milky Way is disk-shaped with a bulging center. Within the disk are spiral arms of stars. Stars also exist between the arms, but because the arm stars are young and bright, these are the ones that stand out. The center is packed with young and old stars. In total, there are more than 500 billion (500,000,000,000) stars in our home galaxy.

Recently, after the release of the movie *Interstellar*, I heard an interview with Dr. Neil DeGrasse Tyson who was wondering why, if humanity had the power to travel to and colonize other planets, wouldn't we prefer to repair the planet we all call home...Earth. Good question, I thought... and not simply repair it, how about understand it? It is easy to take Home for granted. Whether it's a house, a street, a neighborhood, a town or city, a country, or a planet, our species often abandons the familiar in favor of the exotic; walks away from the known, searching for the adventure and thrill of what is new. Sitting outside last night, on an astonishingly mild, clear and waning crescent moonlit Christmas night, looking up, I couldn't help but feel again that same excitement we all felt—or is it feel—as we gradually expand our own personal universes...from home and family, to neighborhood and friends, to world around us and new friends. Our definition of home changes with the passage of time, and although our mortality places limits on how far into the future we may travel, there shouldn't be a limit on how far into the future we can see.

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

Women's Club Seeks Scholarship Applicants

Submitted by Cathy Rowe

The annual Phipps and Schoelzel Scholarships are available to Connecticut women pursuing an advanced course of study in institutions of higher learning. The applicant must be matriculating for a Bachelor's or postgraduate degree, have completed two or more years of college, and have a minimum grade point average of 3.0. All awards are granted on the basis of financial need, future promise, and scholarship ability. Schoelzel Scholarship applicants must be in the field of Education. The General Federation of the Women's Clubs is the sponsor of these scholarships. The Ellington Women's Club is looking for applicants to be its candidates at the state level. Scholarships are not granted for current or prior years. Feb. 10, 2015 is the deadline for accepting applications.

Personal references and full financial disclosure are required. If you are interested in receiving an application or more information, contact ellingtonwomensclub@yahoo.com or call 860-375-8145.

Dear Reader,

Beginning March of 2015, Mansfield Obstetrics and Gynecology will be moving inpatient obstetric services from Windham Hospital to Manchester Memorial Hospital. This move is being made for a number of reasons we hope will benefit the community over time, including expanding services for mothers and newborns and allowing continued delivery of quality health care for women in our neighborhood.

The move to Manchester Hospital has us excited to again offer trial of labor after cesarean section as an option for our patients. We have long been supporters of this practice as a means of offering low-risk birth to appropriate patients. The goals being to reduce intervention, avoid unnecessary surgery, and improve outcomes for both mothers and babies. Manchester Hospital also offers the availability of neonatology services should babies require the specialized care of a more advanced nursery, minimizing the need for transport of care to another facility during the crucial first few hours of life.

We foresee Mansfield Ob/Gyn's role in providing high-quality, convenient health care to women continuing well beyond the years we will be practicing. Our offices will remain local, in Mansfield and Hebron. To continue this mission we will be able to recruit high quality providers to a practice that aims to uphold the highest ideals as well as the highest practices of women's healthcare.

Please feel free to contact us by calling our office with any questions or concerns. Thank you.

Yours in devotion to women's health,
Robert Gildersleeve, MD, Lesley Gumbs, MD, Veronica Helgans, MD, Yvette Martas, MD, Stephanie Welsh, CNM



Robert Gildersleeve MD, FACOG
Lesley Gumbs MD, FACOG
Veronica Helgans MD, FACOG
Yvette Martas MD, FACOG
Eugene Rozenshteyn MD, FACOG
Kathleen Zacherl MD, FACOG
Stephanie Welsh CNM

Lifelong Women's Healthcare
Adolescence • Pregnancy • Menopause

860-450-7227 (phone)
860-450-7231 (fax)



Member of
Women's Health
Connecticut
Devoted to women,
committed to excellence.



Find us on Facebook
www.mansfieldobgyn.com

See your photos on these pages!

Drug Nutrient Depletion

By Dr. Tonya Pasternak and Dr. Lauren Young

These days, it is not uncommon for individuals to be on several prescription medications. Though physicians and pharmacists are trained in known drug interactions and common side effects, there are some interactions within the body that patients are seldom made aware of. Every prescription drug or any drug for that matter affects the amount of nutrients in the body.

The Body's Nutrient Pool

At any point, the human body has stores of most nutrients to help drive its biochemical pathways. Some of these nutrients are produced within the body; others must be acquired from our environment, including the sun and our diet. This pool of nutrients is essential for healthy vitality and optimal function. Many of these vitamins can be assessed with simple blood tests, including Vitamin C, D, E as well as Magnesium, Selenium, Iron and Zinc. Deficiencies in these nutrients can cause many different symptoms and even conditions, from muscle cramps and weakness to moodiness and irritability.

The government acknowledges the need for certain nutrient levels, first devising the Recommended Dietary Allowances (RDA) in 1941. Over the years, these have been revised and refined, though it is important to know that these values represent the amount of a specific nutrient needed to avoid deficiency. These values do not take the individual into account, especially if an individual is taking medications. Because of this, individuals are often likely to require additional intakes to prevent health complications. A person's stores of nutrients and specific needs should be addressed with assessment of their medications as well as their diet, lifestyle and health conditions to determine what amounts are necessary for that particular individual.

How Drugs Deplete Us of Nutrients

Everything that enters the body interacts with the internal biochemistry and requires nutrients to help break it down, process it and clear waste byproducts. These substances also influence the function of enzymes, immune function, neurotransmitter production and even gene expression, which can in turn affect the nutrient needs of the body.

Nutrient synthesis can be influenced by medications. Certain nutrients are primarily acquired from the body's production of them; an example is the powerful antioxidant, Coenzyme Q10. Coenzyme Q10 is also known as ubiquinone, and is a fat-soluble vitamin known for supporting energy and cardiovascular health. Medications like the Statin drug class can, while serving their purpose of inhibiting cholesterol production, inhibit the production of Coenzyme Q10 in the liver. The average adult produces 10 mg of Coenzyme Q10

daily, but the average adult on a Statin drug produces far less if any, which could have a negative impact on the body over time. This is just one example in which medications can affect nutrient synthesis within the body.

If the body does not produce a particular nutrient, it must acquire it from the environment, which typically is through diet. Many medications can inhibit or reduce the absorption of such nutrients. Prilosec, a medication of acid reflux and heartburn, has been shown to reduce the absorption of Vitamin B12. Vitamin B12 is important for nerve health, red blood cell production and DNA synthesis. Though the body is good at storing B12 and normally takes years to develop a deficiency, looking at B12 levels in the blood and accessing red blood cells for signs of anemia is often advisable when on this medication.

Other medications require an increase in vitamins and minerals in order to be detoxified and cleared out of the body. Oral contraceptives and hormone replacement therapies require the liver to package up and clear an increased amount of hormones, and therefore require more B vitamins and other nutrients to help facilitate this process. These increased needs associated with specific medications, prescription or over the counter, are often identified by the pharmaceutical companies at the time when the drugs are first being studied.

The average patient takes several prescriptions or over the counter supplements on a daily basis, in many cases indefinitely. The impact of these on the body's nutrient pool is well understood, but often not the focus or concern of the conventional physician. Identifying increased needs for nutrients may be able to be addressed with nutrition alone; otherwise dietary supplements may be necessary to maintain an optimal nutrition level. In addition to medications, there are many chemicals that people are exposed to every day that affect our nutrient needs. Toxic exposure to pesticides, plastics, solvents and stress can create an increased need for specific nutrients as well, but are less predictable than daily medications. In many cases, prescription drugs may be necessary for health conditions, but by addressing the drug nutrient depletions, an individual may reduce harmful effects or even allow the drug to be more effective.

Dr. Tonya Pasternak and Dr. Lauren Young are board certified naturopathic physicians at Connecticut Natural Health Specialists in Manchester, CT. All the physicians at the clinic are in network providers for most insurance companies. For more information, please call (860)533-0179 or visit cnaturalhealth.com.

**Neighbors-
Black & white
And read all over!**

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
Phone: (860) 836-7516 or (860) 487-3827

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

See Neighbors
in beautiful COLOR
at neighborspaper.com

THE MILL WORKS

Workspace For Lease



*The Mill Works
...where ideas
become reality!*



Office & Studio Space

- 150sf to 3,500sf • Flexible Terms
- Full-Service Leases • Attractive rates



Unique Work Environments for Creative Professionals

The Mill Works | 156 River Road, Willington CT 06279
518.791.9474 | info@themillworks.us | www.themillworks.us



Rosemary West design on
double sliding door wall
cabinets painted by Trish.

Decorative Painting Open Studio Classes

Sessions begin the first
Thursday of each month

Each session is 4 weeks*
meeting each Thursday from 9:00-12 noon
Class fee: \$48 (cash or check payable at first class)
*there are no makeup classes unless class is cancelled.

Open studio classes are NOT formally taught so students need to have a basic understanding of decorative painting techniques. I will be available to lend my 20+ years of experience to you if you need help with a technique or other questions. Students bring their own project, surface and supplies.

Classes are very informal and lots of laughs.

Please reserve your seat
before the first Thursday
of the month you start.

Contact Trish at
ftwart@gmail.com or
860-456-7789.

Original design by Trish on old mailbox.

Classes are held at



34 North St., Willimantic, CT

Kerstin Utas – Principles and Guidelines for Starting and Running an Organization

By P.K. Willey

In life, we meet so many heroines and heroes. We had the great fortune to meet Kerstin Utas (1946 – 2013), whom we fondly called Justine, as justice seemed so much part of her nature and personality. Justine was part of the initial working group in Sweden that started Humana People to People. Business and education are two huge forces propelling individuals and society into action. In trying to understand the right role of business, and righteous business creation, Justine's short and sweet Principles and Guidelines have been invaluable to reflect upon.

Kerstin Utas was a person devoted to action, to getting things done, rather than time wasting, shoulder-patting committee meetings.

I only knew her for the last 10 years of her life, and recognized always that I was in the company of someone with great depths, with much to offer, as yet, unexpressed. We sought out her thinking in India, and later in Sweden, on business creation that would have as its goal the upliftment of society. At my urging, she wrote down the guidelines and principles that she and her friends humbly followed to create Humana People to People, now a multi-national organization.

Principles & Guidelines for Starting and Running an Organization

Say you are a group of people who want to start an organization or project:

1. Agree to:

- stick together for three years to start with;
- have little care about whatever there is for living, live simple and put all the rest into the project;
- not marry, not have children, and not use drugs or alcohol during this time;
- not count working hours;
- take any task that is of the use for the project;
- make decisions by consensus even when the discussion gets long and difficult.

2. Do it (whatever it is you plan to do) for your own sake and out of compassion. For no other reason. Always do what you feel is righteous. The only reason for your work is to express Dharma. Nothing else – when we start to look at it more deeply – is a good enough reason to do anything at all.

3. Carry your heart outside your shirt and your hands outside your pockets.

4. Do not take money from others. Make your own money. With money comes dependence. Through this back door sneaks something you might not want.



Kerstin Utas Contributed photo

5. Keep bureaucracy at a minimum. Do not specialize – be jacks of all trades. Always make the work a service, not a power platform.

6. Stay true to the vision – make sure you have one – and at the same time be exacting on every detail.

7. Remember that failure does not exist: only experiences exist. Do not hang on to what proves not to be useful. Let it die. If someone accuses you of failing, respond: “Is that so?”

8. Never count on (good) publicity. Publicists of all kind have their own motives. Here something can sneak in that back door again. Use the jungle drum. Let people tell people about your work, knock doors, spread pamphlets, make road shows, whatever.

9. When the organization or project grows (after a couple of years) divide into small self-sufficient units. Have the courage to let them make their own decisions. Just be of service to them with your experiences if they want it. What cannot survive will die – that is OK. Use the cooperative idea to keep the “movement” together, if you wish it to keep it together.

Remember that organizations follow the same principal as everything else in nature. They are born, they are full of life, they grow, they mature... and then they start to die. In my experience, an organization's lifespan is between 20 and 25 years. If it survives after that, it is probably no longer alive; it survives as a dead body, more or less. Cooperation is a way of fooling death, so to speak.

10. Follow the laws of the country (even when they are stupid).

11. Meet every year in a nice place in nature. Check if you are true to your ideals in every little detail of your work. How do you deal with money, people, publicity, etc.? Can you be proud of yourselves?

Now I am not talking about the countable results. That is another meeting. I am talking about how you go about getting your results. Is your work 100% following the ethics you started out with?

12. Have fun

By Kerstin Utas, 2012, Initial Working Group, Humana People to People.

An outcome of those initial efforts, from which these principles and guidelines were formed, can be seen here: <http://www.humana.org>

Submitted, in service, by P.K. Willey

asking “How did God come about? Who/what created God?” An explanation along the lines of “the Divine just is” is no explanation.

So, like Dawkins, I remain at peace with the question of origins that remains unanswered -- and full of awe for the wonder that science can reveal to us if only we listen. That is enough. Concluding *The Magic of Reality*, Dawkins refers to Bertrand Russell’s 1925 essay “What I Believe,” from which the following excerpt seems germane to this whole conversation:

Even if the open windows of science at first make us shiver after the cozy indoor warmth of traditional religious myths, in the end the fresh air brings vigour, and the great spaces have a splendor of their own.

Cathy lives in Coventry.

P.K. Wiley continued from page 25

in this case, the facts of the context with his grandniece are: (1) There was no sexual contact or arousal on either party; (2) the sleeping arrangements were not at all private or behind closed doors – Gandhi’s cot was in what we might term a dormitory where others slept as well; (3) Gandhi claimed these experiments helped his brahmacharya.

You cannot judge Gandhi when you cannot understand or respect what brahmacharya means. The populist view holds that sex is one of the greatest rights and fulfillments life has to offer, and therefore assumes there is ‘repression’ in brahmacharya, and imagines that Gandhi secretly wanted sex, and that by undertaking these experiments he was in some way enjoying some form of sexual contact. Wrong.

To understand what was happening in those experiments, you have to understand Gandhi’s effort to walk a life of brahmacharya. If you read the quote above, brahmacharya is expressed by him as purity of body, speech and thought. For Gandhi, as soon as he began to embrace ideals, his personal life took on the hue of scientific experimentation. He named what is popularly termed his ‘autobiography’ as *The Story of My Experiments with Truth*. He began experimenting first with diet, through vegetarianism. Later, he added social service, then brahmacharya which is all encompassing. He always claimed that by his own nature, he was truthful, he learned about ahimsa – love – later.

Later on, around 1938, Gandhi realized that this experiment was a stupid thing to do, no matter how he looked at it. Having caught the tricky false justifications of his mind, its quick and sure capability to self-deceive the truth seeker, he wrote a repentant and confidential communique to ashram inmates:

I feel my action was impelled by vanity and jealousy. If my experiment was dangerous, I should not have undertaken it. And if it was worth trying, I should have encouraged my co-workers to undertake it in my conditions. My experiment was

a violation of the established norms of brahmacharya. Such a right can be enjoyed only by a saint like Shikadevji who can remain pure in thought, word and deed at all times of day. My conduct has not been responsible. ii

What appears to me to be lacking here is empathy for the young girls who assisted him in those experiments. This lack of empathy seemed to be there towards Manu as well. For Gandhi, it was Gandhi dealing with Gandhi. The experiments for Gandhi were exercises in which he critically and ruthlessly watched and judged himself.

A little more on context. Gandhi was in an ashram setting when these different experiments took place. In fact, once he had established his first community in South Africa, everywhere he went became an ashram setting. Ashrams usually form around a charismatic leader, have connotations of monasticism, cooperative work, self discipline, and living in the light of pure ideals. They are a different type of subgroup in any society. The rules governing conduct within them stem from ethical ideals and how to achieve them. They are theocratic, not democratic, in nature. But because of Gandhi’s emphasis on truthfulness, he did have community members that questioned him strongly about many ideas he had, and argued vociferously with him about his brahmacharya experiments.

Leaders are self-confident, determined people, with strong will power. They have to be ready for, and unconcerned by, any loss of support in carrying out their ideas and goals. There is much more in this group context that needs to be respectfully understood in order to grasp a clearer picture of Gandhi’s experiments.

[This discussion will continue.]

i. Tendulkar, D.G. (1920). *Mahatma: Life of Mohandas Karamchand Gandhi*. Ministry of Information and Broadcasting, Government of India, New Delhi: 4:52.

ii. Thompson, M. (1993). *Gandhi and His Ashrams*. Popular Prakashan, Bombay: 202

1 Even then, a person having genuinely equal vision of all creation would undoubtedly not feel the impulsion to undertake such experiments.

P.K. Willey, Ph.D., is an American, a Gandhian scholar, author and entrepreneur, who has delved deeply into Gandhi’s Earth Ethics. Willey seeks to enhance philosophical discourse around the world, particularly amongst fellow Americans. Willey finds Gandhi’s ideas, thoughts, and example, to be invaluable in this effort. Website: www.earthethics.org.in

**Advertise in Neighbors
Locally Written
Locally Read**

Our Community Calendar

By Dagmar Noll

January 9 Friday

Book Club: "Vampires in the Lemon Grove", by Karen Russell, 2:00p.m. Babcock Library, 25 Pompey Hollow Road, Ashford. Info: 860-487-4420 www.babcocklibrary.org

Singing: Tune Swap, 7:00p.m. - 9:00p.m. Free. First Congregational Church, 543 Rte. 169, Woodstock. Info: qcsongswap@gmail.com

Architecture: Gargoyles of Yale University, 7:00p.m. Take a tour of the gargoyles and grotesque found on the university buildings with Mathew Duman. Babcock Library, 25 Pompey Hollow Road, Ashford. Info: 860-487-4420 www.babcocklibrary.org

January 11, Sunday

Community Food: "Why Can't I Lose Weight?" Talk & Vegan Pot Luck, 4:30p.m. \$8. Children free. Bring a vegan dish to share with ingredients list and a place setting for yourself. Suffield Senior Center, 145 Bridge Street, Suffield. Info @ Reservations: 860-623-8082 www.northctveg.org

January 12, Monday

Kids: Cartooning: Fun Art Workshop. Series of six classes on Mondays, 5:30p.m. - 6:30p.m. \$75. Arts at the Capitol Theater, Main Street, Willimantic, CT. Info: 860-455-1601

Skill Share: Fiddle Class, 6:00p.m. - 9:00p.m. All ages, arrive and leave as able. Free. Eastford Elementary School Gymnasium, 12 Westford Road, Eastford. Info: 860-974-0197 tomfrench@charter.net

Writing: Eastern Connecticut Writer's Workshop, 7:00p.m. Writers, poets, songwriters, playwrights, screenwriters and artists of the written and spoken word all welcome. Dugan Hall, 411 Main Street, Willimantic. Info: slatulipe@charter.net
Film: "Howard Zinn: You Can't Be Neutral on a Mong Train", 7:00p.m. UU Church of Storrs, 46 Spring hill Road, Mansfield. Info: 860-428-4867

January 13, Tuesday

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

Live Music: Quiet Corner Fiddlers, 7:00p.m. Z Best Pizza, 237 Willimantic Road, North Windham. Info: 860-423-5403 chuckmrgn@att.net qcf.webs.com

Kids: Tracking on Tuesdays, 1:00p.m. - 3:00p.m. Free. Kids learn about tracking animals, discover who has been wandering around and what they were doing. Goodwin Forest Conservation Information Center, 23 Potter Road, Hampton. Register: 850-455-9534 emma.lorusso@ct.gov

January 14, Wednesday

Kids: Video Game Making 101. Series of four classes on

Wednesdays, 4:00p.m. - 6:00p.m. Grades 3-8. \$99. Charles H. Barrows STEM Academy, 141 Tuckie Road, North Windham. Info: 860-455-1601

Skill Share: Djembe Drumming Lessons, 7:00p.m. - 9:00p.m. Authentic West African rhythms. All levels and ages. Drums may be provided if needed. Bench Shop, 786 Main Street, Willimantic. Info: 860-423-8331

January 16, 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 in Willimantic. Info: bevishistory@yahoo.com

Teens: Winter Teen Weekend, begins on Friday, 5:30p.m. Ends 9:00a.m. \$50. Ages 13-18. Food, games, sledding, leadership skills. Brooklyn Extension Service facility, 39 Wolf Den Road, Brooklyn. Info: 860-974-3379 wt4hcampdir@earthlink.net

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

January 17, Saturday

Science: Winter Magic, 11:00a.m. - 12:30a.m. Free. Learn about how snow and ice falls and collects with hands-on science experiments. Goodwin Forest Conservation Information Center, 23 Potter Road, Hampton. Register: 850-455-9534 emma.lorusso@ct.gov

Live Music: Back to the 60s No Freeze Shelter Benefit Concert, 7:00p.m. - 11:00p.m. Featuring Patty and the Percolators, Bruce John and the Bandaleros, and the Wild Bill Project. Tickets: at the No Freeze Shelter, Weichart Realty, and the Willimantic Food Co-op.

January 18, Sunday

Skill Share: Footprints: Animal Tracking 101, 12:00p.m. - 2:00p.m. The basics of animal tracking. Goodwin Forest Conservation Information Center, 23 Potter Road, Hampton. Register: 850-455-9534 emma.lorusso@ct.gov

January 19, Monday

Snowshoeing: Snowshoeing. Free. All levels welcome. Snowshoes available upon request, free for first dozen participants (e-mail edtrnews@yahoo.com). Goodwin Forest Conservation Information Center, 23 Potter Road, Hampton. Register: 850-455-9534 emma.lorusso@ct.gov

Skill Share: Fiddle Class, 6:00p.m. - 9:00p.m. All ages, arrive and leave as able. Free. Eastford Elementary School Gymnasium, 12 Westford Road, Eastford. Info: 860-974-0197 tomfrench@charter.net

January 20, Tuesday


Kids: Tot Time for Ages 3 & Under, 10:30a.m.-11:15a.m. Babcock Library, 25 Pompey Hollow Road, Ashford. Info:

calendar continued on page 34



Tufted Titmouse and Black-capped Chickadee hanging out at the feeder. Tom King photo

Photos wanted! See your photos in print!
Email them to: neighborspaper@yahoo.com



Jeff Burdick, AAMS®
Financial Advisor
419 Main Street
Sturbridge, MA 01566
508-347-1420

Edward Jones®
MAKING SENSE OF INVESTING

R. S. Electrolysis

R.S. Electrolysis
Ashford, CT
rvschmidt@snet.net
860-377-5334



Why Pluck?
Electrolysis – The only option for permanent hair removal.
As the hair is treated, regrowth is **prevented**, rather than just removed, temporarily.
Call for a free consultation.



Renee Schmidt
13 years experience

THE Lily Pad & ART supplies custom FRAMING

"Famous for Framing"
"We beat our competitions framing prices"

Mon.-Fri. 10 - 5:30
Thurs. til 7:00
Sat. 10 - 4:00

860-423-3223
www.lilypadart.com
34 North St.-Willimantic, CT 06226



Fresh vegetables and seasonal blueberries!
Become a member of our CSA and enjoy a weekly selection of naturally grown produce from May through September.
Call Julia for membership info and details about our spring spinach crop!

(860) 508-7706 - WVFCSA@gmail.com
www.facebook.com/wvfcsa

Located in Willington, CT!

For All Your Flooring Needs!



VINYL ♦ TILE ♦ HARDWOOD LAMINATE ♦ CARPET

Shop: in store or at your home

Kevin Basto, Owner
Store: 860-315-5590
Cell: 860-428-4601
bastoflooring.com

40 Hartford Turnpike
Eastford, CT 06242

ROOFING

New Construction ~ Replacement ~ Repairs

860-933-4529

FREE SAME DAY ESTIMATES



DoyleBuildsCT@gmail.com
DOYLE ENTERPRISES, LLC
CT LICENSE # HIC.0624179
LICENSED AND INSURED

Neighbors-
A little paper,
Big on community.

See Neighbors
in beautiful **COLOR**
at neighborspaper.com

34 Neighbors

Community Calendar continued from page 32

860-487-4420 www.babcocklibrary.org

Book Club: "The Cuckoo's Calling", by Robert Galbraith (J.K. Rowling), 2:00p.m. Babcock Library, 25 Pompey Hollow Road, Ashford. Info: 860-487-4420 www.babcocklibrary.org

January 21, Wednesday

Skill Share: Djembe Drumming Lessons, 7:00p.m. - 9:00p.m. Authentic West African rhythms. All levels and ages. Drums may be provided if needed. Bench Shop, 786 Main Street, Willimantic. Info: 860-423-8331

Live Music: Artists Showcase, 7:00p.m. - 9:00p.m. Bread Box Folk Theatre, St. Paul's Church, 220 Valley Street, Willimantic. \$5. Info: 860-429-4220 www.breadboxfolk.org

January 22, Thursday

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

January 23, Friday

Skill Share: Come Walk Among the Stars, 6:30p.m. - 8:30p.m. Learn basics of astronomy inside and the enjoy the outdoor sky. Goodwin Forest Conservation Information Center, 23 Potter Road, Hampton. Register: 850-455-9534 emma.lorusso@ct.gov

January 24, Saturday

Skill Share: Novice Workshop for Fiddlers, 10:00a.m. - 11:30a.m. Westfield Villag just off Broad Street, Danielson, CT. Info: 860-423-5403 chuckmrgn@att.net ofcri.webs.com

January 26, Monday

Skill Share: Fiddle Class, 6:00p.m. - 9:00p.m. All ages, arrive and leave as able. Free. Eastford Elementary School Gymnasium, 12 Westford Road, Eastford. Info: 860-974-0197 tomfrench@charter.net

Writing: Eastern Connecticut Writer's Workshop, 7:00p.m. Writers, poets, songwriters, playwrights, screenwriters and artists of the written and spoken word all welcome. Dugan Hall, 411 Main Street, Willimantic. Info: slatulipe@charter.net

January 27, Tuesday

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

Kids: Tracking on Tuesdays, 1:00p.m. - 3:00p.m. Free. Kids learn about tracking animals, discover who has been wandering around and what they were doing. Goodwin Forest Conservation Information Center, 23 Potter Road, Hampton. Register: 850-455-9534 emma.lorusso@ct.gov

January 28, Wednesday

Skill Share: Djembe Drumming Lessons, 7:00p.m. - 9:00p.m. Authentic West African rhythms. All levels and ages. Drums may be provided if needed. Bench Shop, 786 Main Street, Willimantic. Info: 860-423-8331

January 30, Friday

Walk: Senior Walk, 1:00p.m. - 3:00p.m. Easy to moderate casual walk on forest trails. Open to all. Goodwin Forest Conservation Information Center, 23 Potter Road, Hampton. Register: 850-455-9534 emma.lorusso@ct.gov

Clean-Up: Willimantic Trash Mob, 5:00p.m.-5:30p.m. Help tidy up town! Bring gloves and bags to the Mill Museum and the area around the Mills in Willimantic. Info: bevishistory@yahoo.com

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

February 1, Sunday

First Sunday at The Mill Works! Noon to 5:00pm.

Join us the First Sunday of each month through June 2015. Relax and enjoy the music, demonstrations, open studios, performances, workshops, and more! Visit the Gardiner Hall, Jr. Museum at The Mill Works. For a detailed Agenda of activities, check out our Events page at: www.themillworks.us/events.html.

February 2, Monday

Skill Share: Fiddle Class, 6:00p.m. - 9:00p.m. All ages, arrive and leave as able. Free. Eastford Elementary School Gymnasium, 12 Westford Road, Eastford. Info: 860-974-0197 tomfrench@charter.net

February 3, Tuesday

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

February 4, Wednesday

Skill Share: Djembe Drumming Lessons, 7:00p.m. - 9:00p.m. Authentic West African rhythms. All levels and ages. Drums may be provided if needed. Bench Shop, 786 Main Street, Willimantic. Info: 860-423-8331

February 5, Thursday

Skill Share: Let's Rock: Beginners' Intro to Rock Guitar. Series of five classes on Thursdays, 4:30p.m. - 5:30p.m. Ages 11 to adults. Lyman Memorial High School, 917 Exeter Road, Lebanon. Info: 860-455-1601

February 6, Friday

Book Club: "The Goldfinch", by Donna Tartt, 2:00p.m. Babcock Library, 25 Pompey Hollow Road, Ashford. Info: 860-487-4420 www.babcocklibrary.org

Clean-Up: Willimantic Trash Mob, 5:00p.m.-5:30p.m. Help tidy up town! Bring gloves and bags to the intersection by Ton's Pizza, Willimantic. Info: bevishistory@yahoo.com

February 7, Saturday

Kids: Take Your Child to the Library Day, 9:00a.m. - 2:00p.m. Babcock Library, 25 Pompey Hollow Road, Ashford. Info: 860-487-4420 www.babcocklibrary.org

calendar continued on page 36

2nd Annual Eastern Connecticut Area Health Education Center

MARTIN LUTHER KING

“

Of all the forms of inequality, injustice in healthcare is the most shocking and inhumane.

”



HEALTH FAIR

Educational Tables | Health Screenings | Raffle Prizes

1-5 PM Monday, January 19th, 2015
2 Birch Street, Willimantic, CT 06226

For more information visit: www.easterncatahec.org or call 860.465.8281 EXT. 105

Collaborative partners include, but are not limited to:



36 Neighbors

Community Calendar continued from page 34

Dancing: University Contra Dance, 7:30p.m. Called dancing by Don Heinold with music by Damaris Rohsenow with the Fiddling Thomsons. Wear soft-soled shoes and a snack to share. Instructions at 7:30 for beginners; dance begins at 8:00p.m. \$5-10. Info: 484-844-5203 or dcannell@freeshell.org quietcornercontradance.tripod.com

February 9, Monday

Skill Share: Fiddle Class, 6:00p.m. - 9:00p.m. All ages, arrive and leave as able. Free. Eastford Elementary School Gymnasium, 12 Westford Road, Eastford. Info: 860-974-0197 tomfrench@charter.net

Film: "The Untold Story of Emmett Louis Till", 7:00p.m. UU Church of Storrs, 46 Spring hill Road, Mansfield. Info: 860-428-4867

February 10, Tuesday

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

Live Music: Quiet Corner Fiddlers, 7:00p.m. Lakeview Restaurant, Coventry. Info: 860-423-5403 chuckmrgn@att.net qcf.webs.com

February 11, Wednesday

Skill Share: Djembe Drumming Lessons, 7:00p.m. - 9:00p.m. Authentic West African rhythms. All levels and ages. Drums may be provided if needed. Bench Shop, 786 Main Street, Willimantic. Info: 860-423-8331

February 12, Thursday

Kids: Amusement Park Engineering with Legos. Series of four classes on Thursdays, 3:30p.m. - 5:30p.m. \$99. Grades 2-6. \$99. Charles H. Barrows STEM Academy, 141 Tuckie Road, North Windham. Info: 860-455-1601

February 13, Friday

Singing: Tune Swap: Pete Seeger Tribute, 7:00p.m. - 9:00p.m. Free. First Congregational Church, 543 Rte. 169, Woodstock. Info: qcsongswap@gmail.com

Yoga: Laughter Yoga with Laura Le, 7:00p.m.. Babcock Library, 25 Pompey Hollow Road, Ashford. Info: 860-487-4420 www.babcocklibrary.org

February 16, Monday

Skill Share: Fiddle Class, 6:00p.m. - 9:00p.m. All ages, arrive and leave as able. Free. Eastford Elementary School Gymnasium, 12 Westford Road, Eastford. Info: 860-974-0197 tomfrench@charter.net

February 17, Tuesday

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

Book Club: "The Blue Edge of Midnight", by Jonathon King,

2:00p.m. Babcock Library, 25 Pompey Hollow Road, Ashford. Info: 860-487-4420 www.babcocklibrary.org

Kids: Board & Card Games, 2:00p.m. - 4:00p.m. Ages 3 and up. Willimantic Public Library, 905 Main Street, Willimantic. Info: 860-465-3082

February 18, Wednesday

Skill Share: Djembe Drumming Lessons, 7:00p.m. - 9:00p.m. Authentic West African rhythms. All levels and ages. Drums may be provided if needed. Bench Shop, 786 Main Street, Willimantic. Info: 860-423-8331

February 20, Friday

Clean-Up: Willimantic Trash Mob, 5:00p.m.-5:30p.m. Help tidy up town! Bring gloves and bags to the Willimantic Cemetery and the VFW on West Main Street, Willimantic. Info: bevishistory@yahoo.com

February 21, Saturday

Life Music: Winter Blues Fest, 8:00p.m. - 12:00a.m. \$20. Tickets at Swift Waters Artisans Cooperative and the Willimantic Food Co-op. Info: 860-450-0918.

February 23, Monday

Skill Share: Fiddle Class, 6:00p.m. - 9:00p.m. All ages, arrive and leave as able. Free. Eastford Elementary School Gymnasium, 12 Westford Road, Eastford. Info: 860-974-0197 tomfrench@charter.net

February 24, Tuesday

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

February 25, Wednesday

Skill Share: Djembe Drumming Lessons, 7:00p.m. - 9:00p.m. Authentic West African rhythms. All levels and ages. Drums may be provided if needed. Bench Shop, 786 Main Street, Willimantic. Info: 860-423-8331

February 28, Saturday

Skill Share: Novice Workshop for Fiddlers, 10:00a.m. - 11:30a.m. Westfield Villag just off Broad Street, Danielson, CT. Info: 860-423-5403 chuckmrgn@att.net ofcri.webs.com

Preschool Open House

The Tolland Cooperative Preschool will be holding an Open House for new families interested in learning about our programs on Tuesday, Jan. 20 from 6 to 7:30 p.m. at the school, which is located at 45 Tolland Green Tolland, CT (behind the United Congregational Church of Tolland). The snow date for the Open House is Jan. 21.

Prospective families can meet the teacher, Lynn Joy, learn more about the programs offered and register their child for the Fall 2015-2016 school year. Parents of current students will also be on hand to answer questions.



Share Curiosity.
Read Together.



COUPON!!! COUPON!!! COUPON!!!
10% off store purchase for Neighbors readers for January and February with this ad

Ready to shed a few pounds after the Holidays?
Do you have health and fitness goals that you would like to meet? Would you like to tone up and have more energy?

Our Detox Green Smoothie is the perfect ally, available to you as early as 9AM M-F and 10AM weekends to jump start your day and metabolism!

Made with frozen pineapple, fresh kale and spinach, banana, coconut water, chia seeds and citrus juice...

Get your greens on as we begin the season of detox & cleanse!

603 Middle Tpke (Rt 44), Storrs CT 860-477-0802
Monday-Friday 9-6 Saturday/Sunday 10-4

will exhibit the art of **Dick Wolf**

THE Lily Pad Gallery



Jan. 2, 2015 thru January 30th




Opening Reception: Thursday, Jan. 8th from 5:00 - 7:00pm




Gallery Hours:
Monday - Friday 10- 5:30
Thursday til 7
Saturday 10-4

www.lilypadart.com
(860)423-3223

THE Lily Pad Gallery
34 North Street - Willimantic, CT 06226

Interested in adopting a pet?

Visit our Ashford Sanctuary, Saturdays 1-3pm and be prepared to fall in love...




Spend time with cats and dogs available for adoption or just come for a tour!

Application (in advance) is required to adopt a pet. For more information, contact our Helpline at **860-242-9999** ext. 302 or Helpline@OurCompanions.org

Adoption meetings are also available by appointment anytime!

OUR COMPANIONS ANIMAL RESCUE

www.OurCompanions.org 860-242-9999

38 Neighbors

Where to find Neighbors

Ashford Ashford Spirit Shoppe Wooden Spoon Rest. Terry's Transmissions Ashford Post Office Babcock Library KSK Market Dizzy's Cafe & Bakery	Booth and Dimock Library	People's Bank Storrs Comm. Laund. UConn Bookstore UConn Co-op UConn Student Union Willard's Tony's Garage	Subway	First Niagara Bank
Bolton Bolton Post Office Lyndale's Stand Subway-Bolton Notch	Eastford Eastford Post Office Coriander	Mansfield Center Mansfield Library Angellino's Restaurant East Brook Mall HST Realty Lawrence Real Estate	Scotland Scotland Library Scotland Post Office	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
Chaplin Zlotnick's Gas/Conv. Chaplin Post Office Pine Acres Restaurant	East Hartford Raymond Library	Mansfield Depot Thompson's Store	South Windham Bob's Windham IGA Landon Tire So. Windham P.O.	Stafford Middle Ground Cafe Subway
Columbia Saxon Library Columbia Package	East Windsor Geisslers Market	North Windham Bagel One Subway No. Windham P.O.	Tolland Birch Mountain Pottery United Bank Tolland Library Tolland Post Office	Vernon Subway shops Nature's Grocer
Coventry Highland Park Market Meadowbrook Spirits Coventry Laundromat Meet Me on Main Café Subway Beebe House Rest.	Hampton Hampton Post Office Hampton Library	Pomfret Vanilla Bean Rest. Pomfret Post Office Baker's Dozen	Willington Track Nine Diner Willington Pizza I & II Willington Hill Pkg. Willington Post Office Willington Library	Windham Center Windham Post Office
	Lebanon Green Store	Putnam Antiques Marketplace Putnam Library		

View all issues of Neighbors from January 2013 to present on our website: 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
D E S I G N

print card
letterhead
brokering
production
postcards
multi-part
menus
video
stickers
promotionals
envelopes
photography
logo
forms
labels
catalog
presentation
magazine
booklet
folders

design layout websites

www.marisacalvo.com • marisa@marisacalvo.com
(860) 537-6997 Studio

SAVE THE DATE



2015 HOME SHOW & BUSINESS EXPO

January 31 2015

Knowlton Memorial Hall in Ashford

10:00 AM to 2:30 PM

A great place to meet various local business and business owners that offer:

Contractor & Carpentry Services
 Printing Services
 Lawn Care
 Lawn Mower & Small Engine Repair
 Real Estate Services
 Greenhouse Plants
 Transmission Service
 Stone Masonry
 Electrical Services
 Pastry & Bistro
 Craft Sprits

Logging
 Floor Cloth & Murals
 Glass Sculptures
 Woodcarving
 Newspaper Services
 Groceries
 Restaurant
 Landscaping
 Health & Wellness
 Pet Services

Exciting door prizes to be offered

FREE Admission

Please bring a non-perishable food item or two for the Ashford Food Bank

THE MILL WORKS

Introducing

“The Packing House”

Historic Venue for Performance & The Arts

*Managed and operated by the Friends of The Mill Works,
The Packing House will offer programming in dance,
music, film, literature, and the visual arts.*

THE
PLACE
TO
CREATE

The Packing House

3,500sf flexible space

- Available for rent: hourly/daily/recurring times
- Perfect for creative projects, recitals, events, workshops, meetings, & more...

CALL FOR RATES AND AVAILABILITY

Unique Work Environments for Creative Professionals

The Mill Works | 156 River Road, Willington CT 06279

518.791.9474 | info@themillworks.us | www.themillworks.us