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Neighbors

No. 150
August 2017
FREE



7.20.17 Mike Bloom, James Benini and Mark Easton of Girls & Guitars featuring Patty Tuite perform at Williamantic's 3rd Thursday Streetfest. Pete Polomski photo.

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...and much more!!!

Sunflowers in Griswold



Buttonwood Farm, at 472 Shetucket Turnpike in Griswold, held their 14th Annual Sunflower for Wishes fundraiser July 22 to 30. While this year's statistics were not available at press time, the Make-A-Wish Foundation of Connecticut has received over \$1.3 million in donations from the festival over the past 13 years. The foundation grants wishes to children with life-threatening medical conditions. According to the Make-A-Wish Connecticut website, 15 acres of sunflowers are planted by the farm yielding 450,000 sunflowers that are expected to bloom. The Buttonwood Farm website stated that the festival places Griswold on the map as the sunflower capital of Connecticut. The festival has 20-minute hayrides, on a wagon, and 10-minute cow train rides, with customers riding in barrels painted as cows. Volunteers sold beautiful bouquets of sunflowers along with t-shirts and notecards with sunflower designs. They also sell magnets, hot dogs, chips, and sodas. And, of course, Buttonwood Farm sold over 50 flavors of ice cream, frozen yogurt, and sorbet as well as their special sunflower ice cream flavor with vanilla, honey, almonds, and sunflower seeds. The festival attracts folks throughout the tri-state area who enjoy sunflowers and supporting a great cause. For more information, visit www.buttonwoodfarmicecream.com and <http://ct.wish.org/>.

Photos and text by Corey Sipe

Free Volunteer Training Offered in Danielson

Submitted by Wendy J. Worley

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Free hospice volunteer training is being offered at Masonicare, 22 Furnace St., Danielson. This training will include all the basics of hospice that you need to know to visit with our patients and their loved ones in your community.

Please call to find out how you can join our team of amazing volunteers! Volunteer Coordinator: 860-980-2600

The Neighbors Paper
Black and white
And read all over!

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

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The Purpose of Neighbors:
-To encourage reading
-To provide a place where ideas, writing, artwork and photographs of area residents can be shared
-To encourage people to get involved in their communities
-To begin to solve national and global problems on a local basis
-To provide useful information
-To serve the inhabitants and environment of our region

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"TRIO OF LIBERTY"
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BOB MALONE
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CONCERT
JAZZ

GREG ABATE QUARTET
Oct 14th | 7:30pm



CONCERT
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Oct 21st | 7:30pm



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Little Book, Mighty Message

By Loretta Wrobel



Recently, a friend handed me a book saying, "You might find this helpful, I kind of enjoyed it." This very small, innocent book, titled *On Tyranny*, is more than informative. It is so incredibly necessary for our times. Many of my cohorts have expressed such angst over our political situation, as they feel unsure of the future. This book by Timothy Snyder spells it out, in easily understandable language, describing how to handle and cope with the present political environment in our Country. The author gives us a road map, listing the path to protect and secure the rights and freedoms that Americans have and often take for granted. If you have any twinges of concern that our fundamental freedoms are in jeopardy, this is the book for you.

"What to do?" "I can't believe what is going on!" "How do we go

from here?" All and more are the questions and fears of those who have been witnessing the reality that our democracy is being shaken to its core. The election of Donald Trump and company and their subsequent actions, procedures and behaviors leave us all wondering what happened to our country. Is civil discourse out of fashion? Why has bullying become a preferred communication in the oval office? What about justice, fairness and equal opportunity for all?

On Tyranny, Twenty Lessons from the Twentieth Century provides much needed assistance to understand the historical perspective for what's occurring, not only in our country but around the world. Professor Snyder teaches history at Yale University. His focus is on examining the last century, where the world witnessed the rise of Nazism, fascism and communism. With knowledge of the past, we can enter into a more comprehensive analysis regarding our current political climate. This in-depth scrutiny of the past has been an eye opener for me. It is smart to learn from what has or hasn't occurred in history. We can choose to learn from the experiences of our ancestors, or close our ears, eyes and minds, and end up with a government looking more like tyranny than democracy.

I was impressed and delighted that this compact (126 pages) book contained such valuable information. Professor Snyder gives concise and clear evidence for what he believes, and follows this with tools and directions on how to proceed during these chaotic and unpredictable times.

I was intrigued by some of the facts mentioned in this little pearl. Did you know a committee called 'America First' existed in the United States? This group worked to prevent our country from opposing Nazi Germany. Interesting to me that our President uses the slogan America First constantly. Is it mere coincidence that the phrase is used now at this time with this President? I talked with a friend

who is 20 years older than I am, and she remembered the America First committee. Be wise and alert, America. History is important and can furnish beneficial lessons.

The author defines tyranny as "the usurpation of power by a single individual or group or the circumvention of law by rulers for their own benefit." He discusses the numerous concerns that our founding fathers (unfortunately, mothers were not included, but I understand Abigail Adams added her wisdom via her husband) had about our democratic republic slipping into an autocracy or fascist regime. These wise founders constructed checks and balances that were written into the Constitution to prevent a takeover by a power-hungry person or a small elite.

To have a framework for understanding what is

ON TYRANNY

TWENTY LESSONS
FROM THE
TWENTIETH CENTURY

TIMOTHY SNYDER



happening in our country has energized me. I find myself engrossed and fascinated by comparing what is happening in 2017. It is not a time for complacency or a laissez-faire attitude. It is a tenet of democracy that there needs to be vocal and active participation by a large group of citizens for the process to stay on the right track. It is too easy for a charismatic figure to usurp power, particularly during times of fear, anxiety and rapid change. People are most likely to follow a dogmatic leader or small group when they are frightened or fearful of losing their economic independency. At this time, all of the conditions are ripe for a strong leader to grab the spotlight and reassure us that all will be well if we just let the leader take over.

Snyder talks about the responsibility of being an armed public servant. Carrying a weapon must be done with awareness of the obligation of whom you are serving. In past authoritarian regimes, policemen and soldiers found themselves taking improper actions. In Nazi Germany, regular policemen murdered more Jews than the government-sponsored special task force. Tyranny can only succeed when it has the approval of ordinary citizens.

The author urges the reader to be a patriot, and shares his views of what is not patriotic. A few favorites are-- it is not patriotic to admire foreign dictators, to call upon Russia to intervene in an election, or to avoid paying taxes. According to Snyder, a patriot believes the country must live up to its ideals. Also, a patriot is concerned with the real world, saying that democracy can be threatened but he/she will work to stop it from failing.

Now that I have whet your appetite with snippets from this precious book, make sure you pick up a copy and unearth the gems yourself. I see this as the perfect guide for ongoing discussions with your friends, neighbors, and even (gasp) the relatives. Try it and see. At the very least, you will be better informed and a better citizen, and who knows where that will lead you and our country?

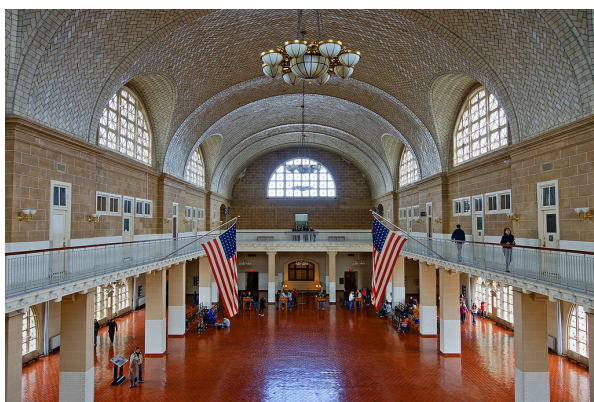
Sign Up Now for Trip to Ellis Island and Statue of Liberty

Submitted by Bev York

The Windham Textile & History Museum "The Mill Museum" is sponsoring a coach trip to Ellis Island and the Statue of Liberty.

The trip will leave Willimantic on Saturday, September 23.

Ellis Island, in New York Bay, was the gateway for over 12 million immigrants to the United States as the nation's busiest immigrant inspection station for over sixty years from 1892 until 1954. The first Ellis Island Immigrant Station, opened on January 1, 1892. Built of wood, it was completely destroyed by fire on June 15, 1897. The current building complex or the Second Ellis Island Immigration Station, opened on December 17, 1900.



Ellis Island has been operated by the National Park Service since 1965 and has been a museum since 1990.

The Statue of Liberty is a colossal neoclassical sculpture on Liberty Island made from copper, steel and wrought iron. The statue became

an icon of freedom. Dedicated in 1886, the statue was designed by French sculptor Frederic Auguste Bartholdi and built by Gustave Eiffel. The trip costs \$75 (\$71 for seniors and children) and includes bus, gratuity, and ferry tickets to the islands, and reserved ticket to the pedestal

of the Statue of Liberty. If you wish to go up to the crown you must get your own advanced tickets. Back packs are not allowed on the ferry for security reasons. To receive a registration form please call the museum at 860-456-2178.

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To the Editor-

Last year (May 18th, 2016) the University of Connecticut in Storrs, CT suddenly stopped carrying “Democracy Now” which they had been broadcasting every weekday at noon for 12 years. The college’s FM radio station, WHUS 91.7, was the first station to carry DN in the state beginning in 2003. In fact, 3 years into the daily broadcast of “Democracy Now” at WHUS, Amy Goodman spoke in person at UConn in 2007 to a packed auditorium! For 33 years the radio station had been managed by a very progressive guy, John Murphy. The University got rid of him in 2014. The new management at the station have been, one-by-one, eliminating every Public Affairs program that John had built up over the years. All that’s left now is one 30 minute weekly boring Ayn Rand economics program called “The Austrian Circle” that extols the virtues of economic selfishness (so in line with Trump era selfishness, right?)

I was outraged that they purged the station of its best daily program, “Democracy Now” and they did so without any input from listeners or any advanced notice. The just replaced it on May 19th with a student DJ’s music show. The station also stonewalled by not answering either the on-air of line or the business office phone line, when listeners tried to call and ask why DN had been taken off the air. It was a crude coup that the station’s management pulled off.

A couple of us decided to launch a petition to urge the station to bring back “Democracy Now” It was last summer. We believed it was so important to have DN on the air in N.E. Connecticut, especially since it was a Presidential election year and people needed to be informed by an independent, critically-thinking media source that’s not the mainstream (Fox-ABC-CBS-NBC) nor the “Alt-Right” media. We did the petition in traditional paper-on-clipboard format as well as an online petition through change.org. A very small group of us gathered a thousand signers over the summer-doing it part-time when we could. In a rural region like this, I thought that was a good number, given our very limited time and participation. We delivered the petitions to the station at their September 21st weekly staff meeting. They were unimpressed to say the least. Their demeanor was bored and apathetic about this issue we were so passionate about.

Our efforts were futile. They had made up their mind (or maybe were just enforcing the mandate from higher authorities in the University). The year before (2015) the University chose to replace the 40 year old cooperative university bookstore with the outside corporate contracted Barnes & Noble bookstore. This move really upset the UConn community on-campus and off. They gathered over 10,000 petition signers during the school year, and still they were ignored. Numbers don’t matter to a large institution like UConn, unless, of course they are about their profitability (even though it is a state-operated university, it’s administered more like a private institution, as the right pushes more toward privatizing as much as they can). The University had their plans made, contracts signed, so public opinion wasn’t going to influence them in any way. Over recent years the University of Connecticut has become more and more corporate in it’s style, management and public “branding” and P.R. The once-affordable public land-grant university is now catering much more to wealthy students (and parents). It’s also focused on it’s lucrative sports empire. I think this is all part of why the University and the management of its radio station got rid of all progressive Public Affairs programming. Of course they deny this unequivocally. Being short-staffed seems a good enough excuse. Student DJs used to pitch in to make sure there was always a smooth transition from a live student program, to airing a pre-recorded show that was next in line on the schedule. The student volunteer DJs had a sense of community as an integral part of the everyday operation of the radio station. There is no longer any sense of belonging or responsibility to the station as a whole. It’s each student DJ for himself. This attitude doesn’t work well for the overall working of a college radio station as a sustainable enterprise. It’s on loner considered a privilege to have a live radio show broadcast on an FM radio station. At the risk of sounding like a curmudgeonly old timer, I think people today are spoiled by all the technological options, and no longer understand the power of broadcast radio. And that fact isn’t the same as if I were complaining that “when I was a kid, I had to walk so many miles to school everyday, and we didn’t have new-fangled gadgets like horseless carriages, electric typewriters, air conditioning, fax machines, personal desktop computers, post-it notes, ballpoint pens, cellophane tape and self-sticking postage stamps.” Technology changes not by generations or years, but by seasons now. Still broadcast radio and the telephone hold their own, as expanded-on essential, hundred-plus year old technology that still works well world-wide for people in every culture and demographic.

When some of us met with the WHUS staff at their weekly staff meeting, they acted like they were not against the program being on the air. They said they were severely understaffed, and had fewer student volunteer DJs than ever before. This was their flimsy reason that they no longer could do the routine button-pushing to upload the recorded daily DN program from the computer to broadcast it at noon anymore. Someone had been doing that minor chore every weekday for 12 years. Why suddenly was it no longer possible? They never answered that key question in an honest or credible way. So, they said that if we wanted to get volunteers to commit to coming in to the stay every weekday before noon to put the program on air, we were welcome to do that. Again, WHY is this the responsibility of the listeners, rather than the radio station, if they are committed to airing the program? Though they never said they were committed, their action in taking it off the air, spoke louder than any words. They had no interest in continuing DN. They also want to change it from being a student AND community radio station to just being for UConn students only – no longer serving the greater community in the 75-mile radius of the 40,000 watt FM signal. Furthermore, they rationalized that “anyone can listen or watch it online”, so – they concluded – there’s no reason to broadcast it on radio anymore! The fact is that online listeners still are a much smaller number than those who listen to the program broadcast on FM radio stations (over 1,300 stations nationally).

This bogus rationale really bothered me, because the fact is that far more people will tune in or listen to a program that is broadcast on FM radio in our rural region than will regularly download it online each day. The difference is that broadcast radio is far more universally able to be listened to in cars and public transit as well. Bottom line is that they just didn’t want it on anymore, and didn’t have the guts or honesty to tell us the real reasons why. We still don’t know if it was a decision coming from the University’s Board of Directors or just from the station’s management. They would not tell us.

I believe that the censorship of “Democracy Now” in our region contributed in a real way to the unprecedented shift in the Presidential vote in our Congressional District, which has traditionally voted Democratic for many decades, to voting for Trump. The thousands of listeners no longer had the valuable, critical daily resource of DN to inform them every day. Every town in the region (except the university town of Storrs-Mansfield, and the poor and large immigrant population in the town of Willimantic) had a majority of votes for Trump. Even my own small town that’s traditionally been Democratic had a majority vote for Trump! Angry voters mistakenly supported this demagogue conman TV celebrity host who promised them he’d “Make America Great Again. The height of his hypocrisy is the very fact that his campaign hats with these words on them are actually made in his arch-nemesis country, China!

DN is only carried on two other radio stations in the entire state, both to far away to pick up the signal in N.E. Connecticut (the Wesleyan University campus station in Middletown, and the community listener-supported WPKN in Bridgeport on the southern coast 3 hours southwest of here).

Now it’s been well over a year since DN has been broadcast on UConn’s WHUS radio station. The freshmen class of 2016 doesn’t even know it was ever the most popular program on the station. In three year’s none of the student body will ever even know there was once an outstanding, award winning daily news hour called “Democracy Now” broadcast on WHUS. Institution memory is brief on a campus that has a 20% turnover of graduating and incoming students every year. Meanwhile, our country stumbles and lurches further to the right as the Trump regime continues to dismantle health care, demonize the media (all but this who support him uncritically, that is the Alt-Right media, right wing talk radio and the cheerleading Fox “News”) all while it increases the federal military budget in preparation for more wars, invasions, occupations and repression abroad and at home. Trump wants us to believe that any and all media that criticizes him is the enemy of the people. He wants us to ignore them as purveyors of “fake news”. For Trump, the only “real news is that which supports him and his authoritarian, bigoted views.

As actual democracy fades further in the United States, the need for independent, critically-thinking public affairs media programs like “Democracy Now” is greater than ever before. We need a movement, both locally and nationally to support a legitimate, responsible, critically-thinking media that’s not bought & owned by corporations. Locally we need a movement to continue to urge WHUS to return “Democracy Now” to the air at noon every weekday. Opting in to hear it online is not enough and does not serve the majority community who rely on broadcast radio for news, opinion and information.

Clay Colt, Hampton



Panther Youth Sports Looking to New Season

By Lily Holcomb

In a few short weeks, the Panther Youth Football and Cheer Program will safely embark on another season of fun, fitness and competition! Although Coventry is their home base, the Panthers welcome kids in preschool through middle school from the towns of Ashford, Bolton, Columbia, Coventry, Mansfield, Willimantic, Willington and Windham.

To introduce them to the sport, children ages 3-5 are able to play either flag football or participate in flag cheer. Children ages 6-14 may play tackle football or join the cheer squad. Proper conditioning, safely learning and applying new skills and technique, and encouraging healthy competition is paramount within the Panther Youth Football and Cheer Program.

From the start of the season and throughout, the athletes in each program will adhere to an organized regimen of conditioning. Proper stretching, strength training, and non-contact maneuvers encompass the first five days of a player’s time on the field. Once the football player or cheerleader has completed that, along with the ongoing conditioning, they will progress into more advanced skill and technique.

To ensure Panther football players are playing as safely as possible, all football coaches are trained in Heads Up Football. The coaches must pass a test at the end of the training to obtain their nationally-recognized certification. Overall, the implementation of Heads Up Football within the Panther Program, has led to a more positive and safe experience on the field for the players. Additionally, the Panther football coaches encompass a group that has an extensive background in proper football technique as many of them have played in high school or at the college level.



In the off season, Football Coach Coordinator, Jared Selley and Coach Dave Moore attended the Big New England Football Clinic in Newport, RI, featuring instruction from several highly credentialed NFL, college, and high school coaches. Coach Selley and Coach Moore look forward to sharing and implementing the knowledge and skills with this season’s Panther coaching staff and players! Often learning complex stunting; strength, stamina and safety is just as important and emphasized within the Panther Cheer Program. Cheer coaches also go through extensive training from the National Alliance of Youth Sports and require certification to be a coach on the cheer squad.

At the end of July, Cheerleading Coordinator, Heather Bear was excited to have NECA (New England Cheerleaders Association) provide a cheer camp at the Coventry field. Cheerleaders from the program and within the community were able to learn new skills safely and gain confidence, all while having fun on their home turf. The Panther cheer coaches were also on hand to receive training from this highly regarded organization to bring to the upcoming Fall season!

Ultimately, whether your child is a lineman or quarterback, flyer or base, the athletes within the Panther Youth Football and Cheer Program are valued members of our community. The football and cheer coaches ensure that they are taking care of themselves and each other at every practice and on each game day. Creating a safe and positive experience for these young athletes is the foundation from which the Panther Youth Football and Cheer program operates. For more information or to register, please go to www.pantheryouthsports.com or contact John LeGrand at 860-982-9508 to speak with someone directly! For more information about Head Up Football, please go to <https://usafootball.com/programs/heads-up-football/>



7.20.17 Patty Tuite (left) and Stephanie Krowka perform with Patty's band, Girls & Guitars, at Willimantic's 3rd Thursday Streetfest. Tom King photo.

Preventing 'Summer Slide'

Submitted by Margaret Chatey

It's several weeks into summer, but it's no time to let students' minds go on vacation. The Windham Public Schools has organized an initiative district-wide for students to encourage practice of their academic skills while home for the summer. Before leaving school, teachers provided a plan packet that includes reading journals, book lists, and math problems, all of which can also be found at the Windham Public School's website www.windhamps.org.

"The brain, like any other muscle in our bodies, becomes weaker without the daily practice it receives during the school year," says Dr. Patricia Garcia, Superintendent of Schools, in her letter to the district explaining the importance of the Summer Reading and Math Initiative. Research reveals it can take up to two months for a student's brain development to get back on track after school starts again in the fall. "The term often used to describe this phenomenon is the 'summer slide,'" Dr. Garcia continues.

The facts corroborate the need for this Summer Reading and Math Initiative. According to Oxford Learning, approximately two months of reading skills and 2.6 months of math skills are lost over the summer. The good news is that 20 to 30 minutes of daily practice during summer vacation can prevent this learning loss -- hence the Summer Reading and Math Initiative.

"The Summer Reading and Math Initiative is vital to help students keep learning by reading books they enjoy and practicing the math they've mastered during the year," says Dr. Tracy Youngberg, Assistant Superintendent of the Office of Teaching, Learning and Leadership whose department is leading this initiative.

"This is a great time to read books students select themselves about topics they personally really enjoy and are interested in. By practicing math skills through games with coins or playing cards, students will be sure they stay sharp for moving on to more challenging work in the coming year," she emphasizes.

In addition to the academic benefits gained by summer practice, students entering grades 1-12 who complete both their reading and math practice assignments and hand them in during the first week of school

will be invited to participate in Summer Learning Celebrations. These incentives will hopefully encourage parents and students to work hard towards fulfilling their summer reading and math goals.

Community partners are also contributing to the Summer Reading and Math Initiative, understanding how important it is to the success of students. The Willimantic Public Library is a resource to families, and worked with the school district to collaborate on the program. If a student registers for the Willimantic Public Library's Summer Reading Program, they are automatically entered into the Connecticut Governor's Summer Reading Challenge AND the Windham Public School's Summer Reading Program. This way, each book their read counts towards all three programs. Register online at www.willimanticlibrary.org or visit the library with family to register at the Summer Reading Computer. They are offering many fun stimulating programs for families and students of all ages this summer, so Windham Public Schools encourages everyone to visit the Library weekly

For younger students, events in town provide additional support. The 4-H Club and the UConn College of Agriculture, Health, and Natural Resources, are hosting Summer Story Days every Wednesday 2:30 to 4:00 pm at Sweeney School. Dr. Garcia will be one of the featured readers on August 9. Families can enjoy story time, food demonstrations, activities, giveaways, and more. Similarly, GROW Windham with the help of FoodCorps is hosting Summer Story Nights in the Garden at 6 pm in the Natchaug School Garden every other Thursday. In addition to an entertaining story, families can enjoy a healthy garden snack to take home.

Research recognizes that family members who encourage reading and math skills cause their children to have a more favorable view about their own reading and better outcomes in the next school year. Any questions related to expectations of the Summer Reading and Math Initiative can be directed to Dr. Tracy Youngberg at (860) 465-2535 or tyoungberg@windham.k12.ct.us. Additional information can also be found on the district website homepage www.windhamps.org under "Latest News."

Jennie Hill at Hope and Wellness

Hello Neighbors readers, my name is Jennie Hill and I am happy to announce I have joined the family of Hope and Wellness! I have been a hairdresser for 10 years and absolutely love it! It has always been so rewarding for me to make people look and feel good. It is so satisfying to see the smile on my clients' faces when they are refreshed. I offer women, men and kids cuts, Paul Mitchell color specialist, perms, highlights, waxing and lots of smiles. We all have busy lives and for some of us its difficult to get out. I also offer traveling hair-dressing! Yes, I'll come to you or your loved

ones. We all deserve to feel good about ourselves. I am now taking appointments. Walk-ins are always welcome! For a limited time I am offering \$10 OFF woman's cut/style & \$5 OFF men's cuts by appointment only at the salon. BECAUSE YOU'RE WORTH IT! For an appointment with me please call Hope & Wellness Salon, 860-477-0994. 39 Nott Highway(Route 74), suite 1, Ashford. Thank You!



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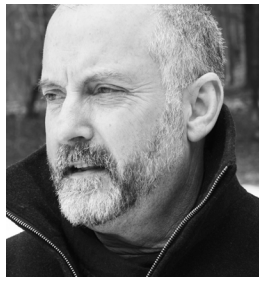
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Passion for Cheese in Brooklyn

By Dennis Pierce

*“Choose a job that you love and you will never have to work a day in your life”
...Confucius.*



I know that the quote sounds trite but can you count on how many people that you have known in your lifetime that are living the words of this wise man? I now know one. This past week I had the great opportunity to meet Julie Lamothe, COIA (Chief Of It All) at Meadow Stone Farm which serves some of the finest artisan cheese, both cow and goat, made from European recipes.

Julie is not your everyday person. I mean that in a positive way. Her energy and enthusiasm takes on the life of organized chaos. Julie, running from the timer on the table at their production facility in Brooklyn to maintain the machine that was processing Chevre cheese while showing me the facility truly exhausted me.

Julie was raised in a small ski town in Vermont. Her career led her to become a Sales/Marketing Executive for over 20 years for a large finance company in New York. In 2012, Julie was sitting in her office on a Friday night, staring at her computer, envisioning her grave stone, thinking to herself, “I am going to do this job, then... I am going to die.” She was very successful but not fulfilled. She was not happy. The next day, Julie left her finance career of 21 years. She set out on a quest to find a career where she was able to contribute to more than just herself. Julie began her search to find something she could be passionate about, something that she could build and cultivate.

Julie took a few years and attempted many careers, she went back to school in the medical field and dropped out, she tried to become a chocolatier, yet the smell of chocolate nauseated her, she went to work for an Ambulance Service at a hospital yet the political environment was too much to bear. She started making cupcakes, she started making pies and cheesecakes, yet nothing resonated with her.

She attempted to start her own distributorship in her travels when she came across a cheese company in Vermont. They were so impressed with her they hired her as their VP of Sales/Marketing. She then went onto work with a Chef from Puglia Italy, and learned how to make fresh cheeses.

Finally finding her quest in life Julie ran an ad in the American Cheese Society Classified Section, searching for a cheese company to buy. She received a call from a company in British Columbia and she set off with some friends and her two dogs and worked for free at Moon Struck Cheese learning how to make the best cheeses she had ever tasted. Upon returning to NY, Julie contacted the Department of Agriculture in New York and Connecticut, inquiring as to whether they knew of any cheese companies for sale, she ended up purchasing Meadow Stone Farm in Brooklyn, CT. Her efforts paid off, in the first year, gross sales were up by over 100 percent! The second year, sales

have grown by 73 percent. Julie is now in her second year, third summer, and this year is turning out to be even a bigger success.

What contributes to her success? Her reply was the inspiration and the drive comes from family, her patrons and her employees. And she knows how to “listen”. She and her team take thoughts or notions and turn them into our next best cheese. They buy all their milk locally and have strong ties with their farmers. Their philosophy, when they come up with an idea for a cheese is to go and hunt for the ingredients that are grown locally in the true spirit of a locavore. Meadow Stone Farm is noted for their hot pepper cheeses, inspired by co-creator, our “Heat Consultant”, Julie’s son, Justin. Justin has led the company in Scoville Units and “Pepper Punch” since its inception. Their “Perfect Storm”, “Sweeet Heat”, “Missing Tongue”, “Laura’s Labor” and their famous, “The Mean



L to R Alex Zimmer, Ginna Piccione, Anna Veitch, and with dogs...owner, Julie Lamothe. Dennis Pierce photo.

Sister” cheeses are a tantalizing taste explosion that should truly be experienced.

Meadow Stone Farm also makes “Siracha-Cha” Cheese laden with Siracha Sauce, A “Taste of Tuscany” Cheese loaded with dried tomato and basil, A “Maple Leaf Mimolette” which is a Maple Cheddar, and a “Dill-icious” cheese just brimming with dried local dill. Their production processes also uses local brandies and beer to brine their cheese so get ready for fall, they have a plethora of new cheeses coming to the farmers markets. Julie sent me off with a satchel of samples. I can attest that Meadow Stone Farm’s variety is not only unique and amazing but you can actually taste the love and passion that is in every bite.

If you are interested in purchasing some of these great cheeses the Farm sells at many local Farmer’s Markets to include: Ledyard, East Haddam, Putnam, Niantic,



Westerly, Rhode Island, Lisbon, Bozrah, Stonington, Ellington, Chester, Coventry, Ashford and Colchester. Julie can also be reached at, MissJuile@meadowstonefarm.com or at P.O. Box 333, Brooklyn, CT 06234.

I am fortunate not only to have met Julie, but also to tour her facility, the affinage, where the cheese ages and meet her great staff who are part of Julie’s success story. And yes...I can now say that I have truly met an amazing person who has chosen a job that she loves and does not work a day in her life.

Part of Julie’s secret is combining cheeses with unique ingredients. Looking for a different recipe using some of Meadow Stone Farm’s cheese you might try the following:

Chevre Pound Cake
Makes 12 plus servings

Ingredients:
8 ounces of soft goat cheese at room temperature
3 sticks of unsalted butter, at room temperature
2 cups of sugar
Pinch of salt
1 ½ teaspoons of lemon extract or grated lemon zest
2 teaspoons of vanilla extract
6 eggs, at room temperature
3 cups of all-purpose flour

Directions:
Preheat the oven to 325 degrees. Butter a 10 inch tube pan (or Bundt pan) and dust with flour.
Place the goat cheese and butter in a large bowl and cream with a mixer on high until well blended.
Add the sugar, salt and lemon and vanilla
Beat until very light
Add eggs one at a time, continue to beat until mixture is light and fluffy.

Reduce mixer speed to low and add the flour. Beat until the flour is incorporated with the batter. Spoon the batter into the prepared pan. Bake until a toothpick is inserted in the center of the cakes and the toothpick comes out clean. Baking time is approximately 1 hour and fifteen minutes. Let the cake stand for 5 minutes. Invert the pan onto a wire rack and cool
Options for toppings: fruit sauces, chocolate syrup or maple syrup.

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

Does Medicare Have A Future?

By Felipe

What happens when Medicare doesn’t exist anymore? What happens to those millions of Americans who are covered under Medicare? Where do they go for medical insurance if this all happens? What is the alternative? These questions have been asked over the last several decades without a really answer in sight. What happens to those senior citizens and disabled individuals who are no longer covered under Medicare? How many millions of people will die without their insurance coverage?

The Republicans and Democrats have to come together to come up with a real solution for the country so our senior citizens and disabled and everyone else who is covered under Medicare can live

a long and prosperous life. How hard is it to sit down and communicate with one another? Donald J. Trump says he wants to make America great again but here’s a question-what has he really done so far? Nobody really likes Trumpcare, not even his own party, so what does that say to the American people? Sure the hell doesn’t reassure millions of Americans when there’s dissension amongst your own party.

As I stated before everybody has to come to a mutual solution for the country and for the people of this country. Stop thinking about the people that are lining your pockets and start thinking about the people that voted you into office. The easy solution as far as Medicare is concerned is to offer it to everyone with a small yearly co-pay based upon the individual’s income. For example, if you make about \$8000 a

year, then charge that person \$80 a year as the co-pay. Employers need to step up to the plate and offer employees decent health insurance. Health insurance as a whole is a scam anyway because in all reality none of the insurance companies want you to get sick because they can’t make any money off of you if you get sick. Why do you think they ask you whether you smoke or drink or have any pre-existing condition? They want to make sure that they can make money off of the individual for decades before they have to start paying out and even then they give their customers a hard time when it comes time for that to happen.

All I am saying is it has to be a solution to the problem otherwise this country will be chasing its proverbial tail for decades. Republicans and Democrats need to sit down and learn how to communicate

with each other and start fighting for the people they are supposed to represent. Especially the lower and middle class and disabled individuals and senior citizens because at the end of the day we all still have value. We all still bring worth to this nation.

The Neighbors Paper

A little paper

Big on community.

On Skepticism

By Delia Berlin

My grandparents used to say “Donde fueres, haz lo que vieres.” In old Castilian that means something like “Wherever you go, do as you see.” But they also used to say plenty of other things that encouraged us to question dogmas, rules and assumptions. So, I often find myself questioning advice from highly qualified experts and researching new subject areas to help me make decisions.



It is true that there is wisdom in crowds and that local customs are usually rooted in practical knowledge, but on the other hand, the “monkey see, monkey do” rule doesn’t always lead to success. Not everything is what it appears and sometimes rushing to drink the punch may result in “drinking the Kool-Aid.” Depending on circumstances, the social phenomenon known as “herding” can be either lifesaving or deadly.

Judging when to follow authority and when to question it can be tricky. Complicating this already difficult task is the public mistrust of science. There are many reasons for this, but an important one is the way scientific research is funded. When private corporations provide funding for studies, they are usually invested in the outcome of these studies. This can create a confusing web of findings and counter-findings that often delays beneficial changes in public policy.

For example, scientists knew that cigarette smoking can cause cancer decades before laws were passed to require warnings in tobacco products. A similar campaign masked the public dangers of lead paint, which our country managed to ban even later than Tunisia. And more recently, a powerful constituency is still denying climate change, even though scientists suspected the “greenhouse effect” as early as 1912. When reading research reports, always look for the funding sources and suspect related biases.

Another factor contributing to distrust in science lies in the very nature of scientific research. I am a scientist by training and I do believe in science. The scientific method includes observation, measurement, experiment, and the formulation and testing of hypotheses. There is always error and bias in measurement and observation, and while scientists spend lots of time studying and minimizing these, they can’t be completely eliminated. As technology and methods improve, currently accepted knowledge is always subject to revision.

It’s not fair to expect that science will deliver firm and permanent advice. As new knowledge emerges, recommendations must change. That’s the nature of scientific progress. We all have a scientist within us, which should help us understand this. Whether you are a gardener or a cook, you are always making observations, taking measurements, developing hypotheses, testing them and adjusting them. Changing your views based on your new observations is not fickle, but makes sense. If your tomatoes do not produce this year, you should try something different the next. This implies that your beliefs about growing tomatoes have been modified by your experience, as they should. Yet, many people expect clear and unequivocal guidance from science. Who hasn’t heard someone complaining that “you don’t know what to eat anymore” because “one day they say this and the next they say that.” It’s only expected that new observations will modify previously held beliefs. But are people supposed to adjust their behavior as soon as recommendations change?

When new guidelines appear counterintuitive, it may pay to be cautious. Ignoring the experts may not be good, but following them blindly could carry risks as well. It’s best to strike a balance between skepticism and arrogance. A degree of skepticism can be adaptive. Researching a subject, “averaging” recommendations to hedge our bets, taking a “wait-and-see” approach about new procedures, or making changes by degrees could be prudent. Immediate herding to follow new trends is never a good idea. But outright refusal to consider adjustments based on new information could be arrogant, and striking a balance is not easy.

I’ve been struggling with these issues as I try to manage a pet’s new health problem. My domestic Timneh parrot is almost 26 years old and has recently developed a

beak deformity called “scissor beak.” The beak of birds is made out of keratin and similar to fingernails. It grows constantly to replace wear. Parrots use their beak to eat, climb and manipulate objects (did I mention to bite?). It’s an essential multi-purpose tool that usually self-maintains in perfect shape, without need for intervention. But in “scissor beak” the upper and lower mandibles no longer line up perfectly. A slight rotation causes one side of the lower beak, and the opposite side of the upper beak, to continue growing, as they no longer make contact with the opposite mandible. This problem can be temporarily corrected by filing, but this is a stressful procedure and unless the underlying causes are removed, the problem recurs.

Our parrot lived with us her entire life. She always enjoyed a very varied diet, including pellets, seeds, nuts, fruits, vegetables and many other wholesome items. But in spite of this, one of the vets we consulted thought that the cause of her beak problem could indicate a nutritional deficiency, and he suggested switching her diet to Dr. Harrison’s pellets.

Dr. Harrison is a famous bird vet who developed a “complete and balanced” diet for parrots. He is well credentialed, as well as broadly trusted by the vet profession. His pelleted diet is almost exclusively sold in vet offices to people like me, who spare no expense to keep their parrot healthy and happy. But here is the problem: my parrot hates these pellets. She is not a picky eater and will eat almost anything else, including pellets of other brands. Should I ignore her food preferences, in view of the new recommendations?

First, let me explain that parrots are curious and playful creatures that enjoy predictable routines but also get easily bored. Second, allow me to describe these pellets: they are hard beige cubes without any texture, variation or smell. Evidently, many parrots must like them or the brand would have gone out of business, but frankly, I get bored from even looking at them. Can I, in good conscience, ignore my bird’s tastes, which have evolved over thousands of generations, because a vet claimed to have found a “complete and balanced” diet? I don’t think so...

There are about 350 species of parrots, and they range from omnivorous to highly specialized eaters. A “complete and balanced” diet may be formulated for one particular species, but definitely not for parrots in general. I have to be skeptical here. Yet, it’s entirely possible that my domestic Timneh parrot may not be eating everything she should eat, even though she is exposed to many foods. There could be, for example, essential rare natural clays or exotic plants in wild Timneh habitats that I could not possibly provide. Ignoring vets’ recommendations in spite of their extensive knowledge and experience seems arrogant. How should I decide what to do?

As a first step, I decided to get a little more data from blood tests. A full blood panel showed no abnormal findings. A molecular test for an improbable, but possible illness called Pbfd (Psittacine Beak and Feather Disease) was negative. These tests ruled out a lot of potential causes, so I thought it was reasonable to try to get my parrot to eat more Dr. Harrison’s pellets, but not exclusively. I discovered that if I soak the pellets in water until they become soft, then mash them and warm them up, I can spoon-feed her a small bowlful in a jiffy – she loves it. I do this when she is hungry and then allow her to eat other wholesome foods as she wishes. This compromise seems to be acceptable to both of us.

I can’t yet tell if this dietary change will improve my pet’s beak condition. With the information we have, it’s a safe experiment. We researched and evaluated available information with skepticism. But we also needed to confront our own limitations of knowledge with humility, cross our fingers and make our choices for action. Finding ways to incorporate every input in the process, we still have no guarantees that the choices we made are the best ones. But it may be easier to live with the consequences by having allowed others to take part in shaping them.

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'I am the Lorax. I speak for the trees. I speak for the trees for the trees have no tongues.'

—Dr. Seuss

By Phoebe C. Godfrey



This past boom box parade my wife Tina and I decided to speak for the oceans, the seas and all the creatures within whose lives take place under the thick, yet penetrable, blue salty aquatic veil that once opened, reveals a depth and diversity of life we can never fully know. Therefore, we dressed up a Neptune and his newly revealed goddess wife Neptunette and pulled a small blue boat behind us filled with plastic garbage, other forms of waste and signs to raise awareness to what we collectively are doing to the oceans, the seas and all the creatures who live upon and within.

To just give a few numbers that we copied on signs, globally we release between 5.3 million and 14 million tons of plastic into the oceans annually along with 93 to 236 thousand metric tons of microplastic, all of which is endangering the health and well being of all aquatic life. In fact, as another one of our signs said over 100,000 marine creatures are said to die each year as a result of ingesting different forms of plastic, as well as 1 million sea birds. To further add to our points instead of handing out candy, we handed out shells to children and adults among the crowd and told them they need to recycle, clean beaches and take care of the planet. Many were

excited to receive a shell and yet the words I spoke as Neptune didn't seem to resonate with an existing knowledge base, judging from their facial expressions. Granted, the audience might have been challenged by my mask and outfit but I still felt there was a distinct lack of awareness as to the existence of the issue or the problems plastic in the oceans create. Much like the Lorax, we felt that few heard our words and even fewer understood their significance.

Being that our own bodies were once held before birth in small ocean sacks within our mothers' wombs and that all of us cry salt water tears in speaking for the oceans, the seas and all the marine creatures, we were essentially

speaking for ourselves. And yet as a culture, and as the culture that dominates the global economy with its cheap, disposable and non-biodegradable plastics, we do not live as if the oceans, the seas and all the creatures with whom we share this planet had anything to do with our own lives, with our own past evolutionary journey or with our own current needs in terms of food, rains and healthy ecosystems.

No doubt many of us in our personal lives do recycle, have reduced our use of plastics, bring reusable bags when we shop, do pick up trash from beaches or work to not have it end up in the waters in the first place and therefore do engage in the practices I, as Neptune, was encouraging the boom box audience to do. All of these things are positive actions but we also need to get such changes made on the commercial level- stop the bags / plastics / microplastics from being made in the first place.

'beginning' was not easy. At first Tina and I debated if we could be bothered to put in the effort to get ready, to look somewhat convincing with our costumes and masks and to cart the boat with all its contents down the hill, but once we committed to our idea and accepted its importance it felt cathartic to a situation that can feel overwhelming and distressing.

Yet, if we all take, even such small steps, things do and will shift and the more of us who walk in the direction of progressive social change the more things will continue to shift. But so many of us don't, even though we know we should and can. In fact, one of the recurring critiques I heard from the audience of this year's parade was that there was a dearth of those walking in the parade who had anything to say that was political / provocative.

This surprised me given the incredible number of political, social, economic, ecological issues that are currently happening and that could and should be addressed if one is to take the celebration of July 4th literally- in terms of meaning the celebration of our actual innovative and intellectual 'freedom'. And so I answered, that dearth is because you didn't do something! For, if our 'freedom' is to mean anything then it should be having something important to say, critically addressing in creative, intelligent and inclusive ways the dominant struggles of our time - be they racism (as one lone man did), poverty, climate change, and all the other forms of inequality and injustice. As the Lorax so wisely also said "Unless, someone like you cares a whole awful lot, nothing is going to



To accomplish this, I think we need a dramatic shift in how we view ourselves and the living world around us. As long as our culture sees the living world around us, including the oceans and the seas and ourselves as separate 'objects' (often even as objects for our use and abuse, hence exploitation) rather than connected living 'subjects' then it seems we will continue to create products and engage in practices that endanger our lives and the lives of all others on the planet. Yet beginning by dressing up, by engaging in conversations, by sharing information and by handing out shells, although only small acts, they can still count as 'a beginning'. And even this small

get better, it's not".

And so on that note, I urge any of you who are reading this and who thought there should've been more political / provocative content in this year's parade, to begin planning for next year's so that you too can do something that will invite someone else to think and even question in ways they may have not yet done before. This is how we will collectively create a country that actually engages in practices worth celebrating, including ones that speak for the oceans, the seas and all the creatures and birds with whom we share this beautiful blue planet.

EC-CHAP Adding New Weekly Events to Fall Schedule

By Pam Summers – Curator, GFJ Museum

The Eastern Connecticut Center for History, Art, and Performance (EC-CHAP), located at 156 River Road, in Willington is adding two new weekly events starting in the fall. In addition to live music, Film Series, and Talent Showcase, we will be featuring an Escape Room activity in our Museum, and a Trivia/Game night at The Packing House! These two new additions are a great way to get together with a group of friends and enjoy BYOB&F - "Bring Your Own Beverage & Food" (beer & wine only) while you solve riddles, activate your brain cells and have a fun evening.

If you have never experienced an escape room you're in for an exciting experience! Imagine having to work against the clock; solving puzzles, searching for well hidden clues, decoding cyphers and riddles. The reason you're here in the first place? A priceless painting has been stolen from a museum in Europe, the thieves have hidden in a small town mill in the USA, the museum wants it back intact, no questions asked and NO police involvement! You have to search for the painting, unlocking doors, following a trail of clues, all the while watchful of the security guard's return. You're motivation is the museum's offer of a \$5,000,000.00 for the painting and your silence. Is your team up for the challenge, there's only one way to find out, come and

play!

Puzzle Rooms are a great way to improve team building skills for businesses and for a group of friends to have fun for an hour enjoying food, your drink of choice. It won't be easy but it will be fun! If time allows after escaping with your prize, stay and enjoy an evening of entertainment at the Packing House, located upstairs, We won't disappoint you!

Trivia and Game Night is going to be another event to work together with a team. Bring a group of friends, and again BYOB&F, and test your knowledge of information ranging from movies, music, history, sports, entertainment figures, literature, geography, etc. The categories are endless and the questions obscure, no cell phones or tablets may be in use. We will at times choose a theme for the trivia questions such as Star Wars, cult classic movies, English Lit or maybe Broadway Shows! It's a fun way to break up an otherwise dreary work week!

If you haven't visited us for an event maybe these two new additions to our schedule will entice you to come with your friends to try us out. We welcome new members of the community and would like the opportunity to introduce you to what we are bringing to Willington and all the surrounding towns! We're a great place to meet new friends and enjoy your old ones while relaxing, having fun on a night out. Best of all we think you'll find that time spent here

is a great value. We will be here for you and would like the opportunity to meet you and greet you with a warm welcome.

Please check our website at WWW.EC-CHAP.ORG for our calendar of events, plans for programming, and membership information. You can also visit WWW.

THEPACKINGHOUSE.US for information about our historic venue for performance and events, and upcoming programs. And take a look at our Face Book pages for EC-CHAP and The Packing House. Hope to see you soon!

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Anxiety Revealed

By Dr. Nicholas Edgerton

The purpose of this article is not to induce anxiety, but to educate readers on the various symptoms and aspects of anxiety as well as ways to manage naturally. Recognition of somatic symptoms is important because once you have awareness then you are empowered to produce a positive effect.

Anxiety is not a disease or syndrome, rather, it is a symptom due to various etiologies. Anxiety exists on a spectrum; frequency and intensity of symptoms vary based on the unique individual. Symptoms include, but are not limited to the following: feeling of uncomfortable heart beats (palpitations), rapid heartbeat, chest heaviness, shortness of breath or labored breathing, indigestion, sweating, insomnia, nightmares, feeling fear or panic, restlessness, and/or irritability. Anxiety can be a pre-cursor to other symptoms and diseases, or anxiety can be the result of various symptoms and diagnoses. Below, we will discuss anxiety in context with other common symptoms. Later in the article we will discuss what to do naturally for various forms of anxiety.

A closer look at anxiety and its common co-existing etiologies-

Is anxiety the chicken or the egg? There is a cyclical nature to anxiety. For example, many patients have anxiety with insomnia. As an acupuncturist, I see a lot of these cases. Some patients report reduced daytime anxiety with a restful night sleep, and other patients report less anxiety during the day promotes better sleep. Bottom line, sleep is an important aspect of anxiety. In traditional Chinese medicine (TCM), the shen (spirit) is nourished during the sleeping hours. If you are not sleeping well, your shen becomes disturbed, and gives rise to neuropsychological symptoms. Likewise, in western medicine the central nervous system is nourished and repairs itself during times of sleep.

Another common comorbidity is anxiety and indigestion. Irritable bowel syndrome (IBS), with constipation or diarrhea predominating, is often primary or secondary to anxiety. Again, I pose the question: what physiological change happened first – or are they built into the DNA together? Let's consider the body's two-gear nervous system, sympathetic and parasympathetic. The sympathetic nervous system is 'fight or flight' or 'the accelerator' i.e. running from a bear, or more commonly today, stuck in traffic late for work. The parasympathetic 'rest and digest' or 'the brakes', i.e. sitting and reading after a big meal. While in sympathetic overdrive we shunt blood to the skeletal muscles which allows us to contract our muscles in case we need to run from a bear. In parasympathetic mode, we shunt blood to our visceral organs to focus our energy on digestion. Highly anxious people are stuck in sympathetic dominance, which means they cannot shunt blood to their digestive organs and results in poor digestion. Many patients suffering with IBS don't respond to IBS drugs, but then find a reduction in symptoms with the use of anxiolytics.

Muscle tension and associated musculoskeletal pains are also a symptom of anxiety. Like the previous examples, muscle tension can be the result of anxiety, but may also be the trigger that causes the body to perceive anxiety via an upregulation in inflammatory markers thus creating a heightened stress response. As a naturopathic physician and acupuncturist, I palpate the pulse and areas of pain. Daily, I experience tight and wiry pulses associated with muscle pain and body aches. With further questioning I often learn these patients often have generalized anxiety. In TCM, the wiry pulse indicates Liver Qi stagnation, often caused by constrained emotions- anxiety being a big factor. Muscle tension clamps down on the radial artery giving a wiry or guitar string-like sensation to the pulse. This relates back to the sympathetic versus parasympathetic effect; with sympathetic dominance, the skeletal muscles are on edge ready to fire.

Where do these symptoms originate from and why?

As previously mentioned, anxiety can be a primary or secondary disharmony. Secondary to other problems such as insomnia, pain, or even uncontrolled blood sugar; or it is a primary problem causing secondary symptoms such as panic attacks, indigestion or headaches. One thought is that childhood traumas are carried with us and provoke anxiety. Recent studies have found it can happen earlier than childhood. Several studies support the theory of intergenerational effect of trauma. For example, grandchildren of holocaust survivors are more likely to experience Post-Traumatic Stress Disorder (PTSD) (Yehuda et al., 2001). Bruce Lipton, founder of epigenetics, states our thoughts influence our biology and govern our DNA. It makes sense that these genetic changes based on our emotional environment are saved in DNA and passed on to offspring. Think about your ancestors and what they endured and how it may be affecting you today. Again, awareness is

key to have the power to affect change.

We are living in a society with more anxiety than ever (18.1% of U.S. adults per NIMH). Anxiety is often correlated to increased stressors. It makes sense to be anxious around bears because they are stressors, they provoke a sympathetic response to fight or flight (fighting not recommended). However, we live in a world where stressors bombard us all day long, if you let them. From fighting traffic during the morning commute ("Commuters who had long commutes for more than 10 years reported more gastrointestinal and musculoskeletal complaints than those with long commutes for less than 2 years", Urhonen T, et al., 2016), subjection to work related stress, financial stress, family/relationship stress, watching the news, etc – stress is ubiquitous and feeds anxiety. A relatively new aspect of anxiety is the association between social media use and anxiety. The proposed mechanism of action is via social comparison which induces anxiety related to a fear of missing out (Rosen LD, et al., 2013).

Another component of anxiety are neurotransmitters, various brain chemicals which allow the nervous system to communicate. Many psychological drugs aim to effect neurotransmitters, i.e. SSRI's (selective serotonin reuptake inhibitors). Neurotransmitter examples include: dopamine, epinephrine, Gamma-Aminobutyric Acid (GABA), serotonin, taurine, etc. These compounds feed the sympathetic/parasympathetic nervous system. Neurotransmitters act either as excitatory or inhibitor. Glutamate and epinephrine are excitatory neurotransmitters, and GABA and taurine are inhibitory neurotransmitters. An imbalance in neurotransmitter's is related to family history, genetics, trauma, chronic stress.

How to manage?

I am an advocate for regular body work. Acupuncture, massage, craniosacral technique, and physical body work such as Bowen technique and chiropractic services all offer a host of benefits. The goal of these therapies is aimed at balancing the nervous system. Find which modality fits you best, you won't know until you try one with an open mind.

Adaptogenic herbs are botanical medicines which help normalize a person's stress response. Thousands of plants are used for medicine, but there are only a select handful of adaptogens. To be considered an adaptogen the plant must be used by a large population of people, at a relatively high dose, for a long period of time. This tells us that these botanical medicines are safe to use. Specifically, adaptogens are great at balancing cortisol – the stress hormone. Many people experienced a more appropriate response to stressors after using adaptogens successfully, thus reducing anxiety attacks. Despite a high safety profile, the specific adaptogen should be picked for the patient based on their constitution for the most benefit. Botanical medicine also includes many plants that have been shown to have anxiolytic effects. Unlike the pharmaceuticals with the same effect, the plants contain phyto-compounds which nourish the nervous system. These plants contain B-vitamins, amino acids specific to neurotransmitters, and flavonoids. For example, Chinese skullcap (Scutellaria baicalensis) has a flavonoid known as baicalin which has been found to cross the blood-brain barrier and have an anxiolytic and regenerative effect on the nervous system. Botanical medicines absolutely produce a physiological change, and you must consult a qualified practitioner.

Physical activity is another great way to combat anxiety. If the sympathetic nervous system is dominant, the body will always want to fight or flight. When we do not feed our body the opportunity to fight or flight, the body will hold on to this stressful energy. In time, this will weaken our mind, body, and spirit. Physical activity does not have to be running on a treadmill at the gym. Physical activity can be fast paced walk with hills, dancing, yoga, Pilates, swimming, hiking, etc. Regular Physical Activity (RPA) is defined as a minimum of 3 days a week with 30-45min of moderate intensity exercise. Moderate intensity = 50-70% your heart rate max (HRmax=220-your age). Discuss with your physician what exercise routine is optimal for you.

Most importantly, we must become aware of what is the root cause of the anxiety. If it is stressors there are 3 things to do: eliminate the stressor (although this is not usually possible), find a positive coping strategy, or change the way you perceive the stressor because perception is everything. Practicing mindfulness can help us find clarity and awareness regarding how and why anxiety is affecting us. Mindfulness practice can be meditation, journaling, working with a counselor, or any of the above-mentioned techniques.

As Richard Carlson said, "Don't sweat the small stuff (and it's all small stuff)".

Dr. Nicholas Edgerton is a Naturopathic Doctor and Licensed Acupuncturist at Connecticut Natural Health Specialists, LLC in Manchester, CT. He is accepting new patients.

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The Thompsons of Mansfield

By Corey Sipe

In today's society, family-owned businesses and volunteers helping their communities seem to be in short supply. However, The Thompson Family of Mansfield are hoping that more people in the Quiet Corner will step forward to serve their communities as their family has for many decades. The Thompsons' have owned G.M. Thompson and Sons, Inc., also known as Thompson's Store, since 1934. The business started in 1875 when it was built as an attachment to a depot building along the old New London Northern Railroad. While the Town of Mansfield has grown considerably since then, the quaint village of Mansfield Depot where the store is located has maintained its quiet rural charm.

Those walking in Thompson's Store experience a small old country general store atmosphere reminiscent of days gone by. Folks walk through the original part of the store as they navigate the store's aisles. The addition in the back of the building now houses an office and a meat counter but was home of the village's post office before it moved across the street in 1937. It later closed, forcing residents to travel to Mansfield Center or Storrs for their postal needs. Thompson's Store once made 52 stops daily delivering groceries and grain throughout Mansfield, North Coventry, and Andover and its delivery service continues in a more limited format today providing animal feed and fertilizer, said store manager George Thompson, III.

Today, Thompson's Store serves its community by providing livestock feed, lawn and garden supplies, and wood pellets, as well as dog and cat food and supplies. George said that despite increasing competition, his loyal customers prefer the family-owned business because "it's close to home, we have what they're looking for and we are on (Route) 44 on their way home." While he said that some of his customers have checked out the competition, they realized the prices are the same and they have come back to Thompson's for the personalized customer service from its nine employees, who mostly are Thompsons. George said that he knows many of his customers on a first-name basis. "I think that it brings another level of comfort, it shows you remember them and that you care, it shows that they are not just another customer coming in the door and it's very much appreciated. If I go somewhere and they remember my name, it's well-liked," he explained.

While generations of residents have supported the business, there are UConn students and graduates that patronize it even in the summertime. Dane Searles, of Rockville, Md., and Jin Park, of Hamden, were ordering sandwiches at the store's deli on a recent late Monday morning. "We love coming here. We heard about it from a friend and it's a lot better than Subway," Dane said, with a smile, adding that "the quality and the prices are great here." Dane graduated from UConn this past May earning bachelor's degrees in economics and political science and government while Jin will soon be starting his senior year and is majoring in applied math. "Everyone's nice here. They load up the sandwich, it's pretty big. It's



UConn graduate Dane Searles, of Rockville, MD, left, and UConn student Jin Park, of Hamden, right, clutch their lunches prepared at Thompson's deli counter.

Corey Sipe photo.

great customer service, it's cheap here and it has fresh ingredients," Jin said, adding that he especially likes supporting a local deli. Both said that they stop at the deli about once a week. Deli employees Pearl Thompson, of Mansfield, and Melinda Corneliuson, of Coventry, who were waiting on Dane and Jin, said that they have been in their positions for about eight months. "I like the people the most," Melinda said, while Pearl said she especially enjoys making the deli's signature sandwiches. The deli offers a variety of 16-inch and 8-inch grinders including roast beef, capicola, ham, turkey, Italian, bologna, salami, vegetarian, and pepperoni as well as coffee-to-go. Customers are invited to call ahead for their orders at 860-429-9377.



George Thompson, II, left, George Thompson III, center, and Bernie Thompson, Jr.

Corey Sipe photo.

George said that Thompson's Store gives back to the community by supporting local small businesses. The store sells Mansfield-based Mountain Dairy milk, which has been run by the Stearns Family since 1871. They also sell Hosmer Mountain Beverages, operated by the Potvins Family since 1958, which is headquartered out of Willimantic. Additionally, the Thompson Store contributes to various regional organizations and functions. "We support the Celebrate Mansfield Festival (at Storrs Center in September) with donations of supplies and we donate to a lot of youth groups, baseball, and soccer teams in Mansfield, Coventry, and Willington, but it's not just limited to those three towns," George said, adding that "They see we care which we do. It's very important. It's nice to have the community's support and nice to have kids come in and ask for donations."

Thompson's Store, located at 54 Middle Turnpike in Mansfield, is open Monday through Friday from 8:00 a.m. to 5:30 p.m., Saturday from 8:00 a.m. to 3:00 p.m. and closed on Sunday while the hours of its deli, nestled in the back-right corner of the store, are Monday through Friday from 9:30 a.m. to 2:30 p.m. and Saturday from 10:30 a.m. to 1:30 p.m. "We aren't open on Sundays because we believe in having a day off," George III said. However, the business is keeping up with today's technological world by hosting a Facebook page and a website, <http://gmthompson.net>, both of which are accessible 24 hours a day, 7 days a week.

The Thompsons have donated countless hours as volunteers at the Eagleville Volunteer Fire Department. George III has been a volunteer firefighter serving in a variety of roles since 1980, only two days after he turned 16 years old. "My dad (George II) was with the fire department through my youth and I fell in love with it. It was the right thing to do at the time and I don't regret it a bit," he said. Additionally, George III's uncle, Bernie Thompson, Jr. volunteered for the Eagleville Volunteer Fire Department for 10 years. George III served as a part-time employee with the Eagleville Volunteer Fire Department from 1984 to 2004. George's father, George II, said that he joined the Eagleville Volunteer Fire Department in 1957 following in his father's footsteps in volunteerism. His father, George I, was one of the presidents of Eagleville Volunteer Fire Department. George II said that "I've been chief for five years, deputy chief for 13 years, and have been training others for a few years." Back when George II started, the department had 40 calls a year and "we have had 1131 since Jan. 1 of this year," he said. Most of that increase is attributed to an increase in medical service

related calls for numerous reasons. He was inducted into the Connecticut Firefighter Hall of Fame in 2012. When asked what he has liked most about his long involvement with the department, George II said that he enjoyed helping the community the most. While Eagleville Volunteer Fire Department merged with the Mansfield Volunteer Fire Company in 2005, George III said that "It didn't change anything for volunteers," allowing them to continue in serving the town that they all love. Today, the Mansfield Fire Department has three firehouses which include Station 107 at 879 Stafford Road, also called Route 32, Station 207 at 1722 Storrs Road, also known as Route 195, and Station 307, at 999 Storrs Road. George III serves as assistant chief of operations for the Mansfield Fire Department.

Currently, Bernie, who is 49 years old, works at the Thompson Store along with three of his sons, Bernie III, 21, and Dale, 21, who are fraternal twins, and Luke, who is 16 years old. Bernie serves as the secretary at the Nipmuck Trail Riders Snowmobile Club. The club's Facebook page states that the group sponsors two snowmobile skips in the summer where snowmobiles skip across a pond on the surface of the water. Bernie additionally explained that "We do trail riding and have property in Stafford and Union with group rides. We do maintenance on the seasonal trails and it is a lot of work but it gives me time to be outside."

George III said that the Mansfield Fire Department decrease in volunteers follows a national trend. "When I joined, we got 10 new members a year, now we take in six but only two members stay. They come in and see the time commitment and can't do it," George said, adding that being a volunteer requires between six and eight hours a week in training, meetings, and responding to calls. Rick Landry, who serves as Public Information Officer, President, and First Captain of the North Coventry Fire Department, NCFD, in nearby Coventry, stated that his volunteer fire department has had a "fluid swing in membership" over the past decade. He attributes that to a number of reasons that "vary from young folks getting married and starting a family, job changes, retirements, and relocation. This is a national issue. Every department, town, county, or state may have a separate and distinct reason. One of the most common is time." He also said that "many people do not 'live where they work' any longer. Employers are not as willing to release an employee for extended periods of time so they can go volunteer."

To encourage more volunteers, George III said that the Mansfield Fire Department utilizes its Facebook page and offers educational programs through E.O.



Pearl Thompson, of Mansfield, left, takes orders while Melinda Corneliuson, of Coventry, right, makes a grinder. Corey Sipe photo.

Smith High School in Storrs and UConn. Additionally, personnel staff an informational booth at special events at Storrs Center such as Celebrate Mansfield and Moonlight Movies. As for NCFD, whose firehouse is at 3427 Main Street in Coventry, Rick said that they teamed up with Volunteer Workforce Solutions, a nationwide campaign aimed to increase awareness to communities regarding the need for volunteers in emergency services. "This has proven to be worthwhile, it is a no-cost and limited time effort to get the word out via social media and local news media. We have gained four to five volunteers through this effort," Rick said. George's father, George II, said that to further encourage volunteers "some (town) departments give mileage (reimbursement) for volunteering, while some towns provide a break in their taxes." Rick wants folks to realize that "volunteer emergency services are a tremendous savings for municipalities. Career Fire and EMS for a like community can run upwards of \$4 million dollars a year. Volunteer Fire and EMS is a fraction of that." He added that towns should "be honest about the implications if the volunteer model is no longer sustainable." Ultimately, folks should volunteer, according to George III, because "it's the right thing to do. It gives them self-satisfaction, they get to know their community

and get to know people they never met before." Rick said that while folks who want to "help protect and educate their neighborhoods" should consider joining their local volunteer fire departments, he acknowledged that it is not for everyone. George III realizes that people face increasing demands on their time today. Both Rick and George said their fire departments are looking for new volunteers and encourage folks to volunteer for their local fire and EMS fire departments.

George III said that his volunteer efforts also include serving as a member of the Mansfield Economic Development Commission, which helps encourage economic growth in town while maintaining its rural character. He complimented the town on its efforts to help create walkable communities that take up less space and decrease traffic on the town's roads. He specifically cited housing near East Brook Mall and in and around Storrs Center as examples of places where people could live and not need a personal vehicle to shop, dine, and enjoy entertainment. Many regional towns have vacancies on their volunteer boards and commissions and those interested in serving their communities should visit their hometown government websites for more information.

UConn Climate Corps Examining Connecticut Climate Change

By Chet Arnold

Extension faculty is leading a collaborative new program focused on the impact of climate change on Connecticut communities. The UConn Climate Corps will bring together undergraduates enrolled in the environmental majors with town officials, to the benefit of both groups. The program is supported for three years by a competitive grant from the UConn Provost's Office, in support of the Academic Plan goals of Excellence in Undergraduate Education and Public Engagement.

Students at the University are increasingly interested in the topic of climate change, which many feel is the environmental issue of our time. At the same time, many communities across Connecticut are struggling with how to adapt to climate change, and how to marshal the resources needed to do so. To address these complementary needs, Extension faculty associated with the Center for Land Use Education and Research (CLEAR) have developed the Climate Corps, a new multi-departmental collaboration at UConn that will combine classroom instruction and service learning to create a unique assistance program for Connecticut communities. Students in the Environmental Studies, Environmental Science, and Environmental Engineering majors will be recruited for the program, which consists of a class during the fall semester and in-the-field work with town officials during the following spring semester.

The class, Climate Resilience and Adaptation: Municipal Policy and Planning, will first be offered in the

fall semester of 2017-2018 academic year and will focus on local, practical issues and impacts arising from climate change. Extension's Juliana Barrett will lead the course but will be team-taught by Climate Corps team members and outside experts. "This course is not so much about the physical science of climate change as it is about local policy responses," says Barrett. "In order for the students to really understand how climate change can affect local policies and operations, they have to have a firm grasp on how decisions are made at the town level, so there will be a focus on local decision making and on the federal and state legal frameworks in which towns operate."

Students who complete the fall course are then eligible for the spring practicum course, led by Extension's Bruce Hyde. The practicum builds upon the ongoing work of Hyde and Barrett, who form the CLEAR/Sea Grant climate team and have been working with towns for several years, including organizing a series of workshops called the Climate Adaptation Academy. Students will break up into teams of 3 or 4, each working with Hyde and other Extension faculty to engage selected towns on climate adaptation needs. Towns will have to apply to be included in the program, and several towns have already expressed interest before the application form has been issued. After meeting with town officials the students will embark on one or more projects designed to support the town's adaptations efforts. These projects could include vulnerability assessments, evaluation of adaptation options, outreach strategies and

products for educating the citizens, or other options.

A land use planner with over 30 years of experience working at the municipal level, Hyde is in tune with the world of local government. "Most towns understand that planning for climate adaptation is critical, yet many are unable to find the resources to begin the process," says Hyde. "Our experience with our Extension undergraduate interns over the past several years has taught us that these students can do very high quality, sophisticated work, and we want to harness that work to the benefit of the towns. And at the same time, it provides a great 'real world' service learning experience for the students." He notes that through their undergraduate training and simply by the technology-friendly nature of their generation, the students have the capacity to perform research, mapping and other tasks that are beyond the reach of busy local planners.

The Climate Corps is a unique multi-department collaboration between CLEAR, Connecticut Sea Grant, and the three Environmental majors, which in turn involve the departments of Geography, Civil and Environmental Engineering, and Natural Resources and the Environment. The project team, which includes the Directors of all of these programs in addition to Barrett and Hyde, feels strongly that the Corps can become a model program that eventually can be expanded in scope, expanded in topical focus, and perhaps adapted by other universities and other states. Class starts in September!

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Nuclear Shutdown News

By Michael Steinberg, Black Rain News

Nuclear Shutdown News chronicles the decline of the nuclear industry in the US and beyond, and highlights the efforts of those working for a nuclear free world. Here is our June 2017 report:

Remaining Three Mile Island Reactor To Shut Down

On May 30 Chicago-based Exelon Corporation, the largest US owner and operator of commercial nuclear power plants, announced that it would be shutting down its Unit 1 reactor at the Three Mile Island plant in Pennsylvania in September 2019. Located 10 miles from Harrisburg, the state capitol, and 90 miles northwest of Philadelphia, the reactor started up over in 1974, over 40 years ago.

The May 30 Los Angeles Times declared TMI a “symbol of nuclear incompetence for 38 years and today “a symbol of another failure of American nuclear plant industry: the impossibility of making a profit.”

On June 23 the Pennsylvania Real-Time News reported that Exelon “sent formal notice of its intention to shut down Three Mile Island to the Nuclear Regulatory Commission. The report noted that this would result in “storage of spent fuel rods at the facility for potentially decades to come.”

This report also noted that an Exelon executive stated the nuke plant “has lost more than \$300 million over the past five years.”

The planned TMI shutdown is the latest announcement in a series of closures of old reactors no longer able to compete in the marketplace. On June 1 the no nukes group Nuclear Information Resource Service reported, “In recent years, safety and market conditions have led to the closure of six nuclear reactors and five plants across the US, and closure plans have been announced for eight reactors at six other plants, including Three Mile Island.”

Another factor in these closures is that solar and wind are growing cheaper than nuclear. The May 30 LA Times story reported, “Just last week an executive from Sempra, parent company of San Diego Gas & Electric, told a utility conference that the technology exists in California to get all its power from solar and wind.”

Disaster

The Three Mile Island nuclear power plant is best known for being the site of the worst disaster at a commercial nuke in the US. On March 28, 1979, the Unit 2 reactor went out of control, due to a combination of human and mechanical failure, resulting in a partial reactor meltdown, the release of massive amounts of radiation, and the evacuation of many thousands of people.

Ever since then the nuclear industry has endlessly repeated, “Nobody died at Three Mile Island.” But in their 1990 book, *Deadly Deceit: Low Radiation, High Level Cover-Up*, authors Jay Gould and Benjamin Goldman present considerable evidence to the contrary.

They report that right after the disaster, Dr. Ernest Sternglass, pioneering author of *Secret Fallout: From Hiroshima to Three Mile Island*, rushed to Harrisburg, where he found “radiation reading 15 times above normal.”

“I felt acutely,” Sternglass wrote in *Secret Fallout* “the great difficulty of having to explain, without causing panic, the seriousness of the situation that already existed for pregnant women and children.”

Three days into the disaster, Pennsylvania’s governor finally ordered an evacuation, but most of the radiation had already escaped into the environment in the first two days. Gould and Goldman found evidence pointing to increased infant mortality in areas known to have been exposed to the radioactive plume, and argued that the crippled reactor’s radioactive releases could be the primary cause:

“The hypothesis that these abnormal mortality increases were associated with radioactive releases from TMI is strongly supported by the following considerations: First, large amounts of iodine-131 and other fission gases were released from the plant in the first two days before the order to evacuate pregnant women and children was issued. Second, infant mortality peaked three or four months after the initial release. This corresponds to the period when highly active fetal thyroids, which control growth hormones, would have taken up the radioactive iodine-131, and thus could explain the large increase in immature and underweight babies who died of respiratory distress, as reported by hospital records. Third, the greatest infant mortality increases took place in areas closest to the plant, diminishing with the distance away from Harrisburg, and Pennsylvania. In sharp contrast, states to the west and south experienced declines in infant mortality rates.”

The authors also report “some 2500 lawsuits



The Millstone Nuclear Power Station is the only nuclear power generation site in Connecticut and the only multi-unit nuclear plant in New England. It is located at a former quarry in Waterford. Contributed photo.

filed against the Metropolitan Edison Company the owner operator of TMI by plaintiffs living close by, who claim to suffer from a host of radiation induced illnesses, including ‘birth defects, still births, spontaneous abortions, sterility, cancers, leukemia, hair loss, bizarre sores that won’t heal, heart failure, emphysema, stroke, cerebral palsy, hypothyroidism, and a wide range of other diseases that have stricken them, their children their farm animals, and even the foliage around them.’”

On May 30, Bloomberg News reported, “after 1979, no new nuclear reactors were ordered in the US for three decades.”

Sources: Los Angeles Times, latimes.com; Pennsylvania Real-Time News, pennlive.com; Nuclear Information Resource Service, nirs.org; Bloomberg News, bloomberg.com *Deadly Deceit; Secret Fallout*

Connecticut Nuke Plant Bailout Ripoff Fails For Second Consecutive Year

For the second straight year, an attempt to push a bill through the Connecticut legislature that would have forced ratepayers of the Millstone nuclear plant to pay more, failed. These customers already have the highest electricity rate in the nation.

Millstone is located on Long Island Sound in southeastern CT, where I hail from. Formerly the site of a gigantic granite quarry where my great-grandfather worked, in the 1960s the local utility was encouraged to build a nuke plant by the federal government, and enticed by large subsidies the feds offered through its “Atoms For Peace” project. This juice was touted as “Too cheap mo meter.” Millstone’s first reactor started up in 1970. In the mid 70s it released very large amounts of radiation into the air and Long Island Sound, due to defective nuclear fuel rods and with the knowledge of the utility and the approval of the NRC.

To this day Millstone remains the US nuclear plant that has released the most radiation—besides Three Mile Island.

As with TMI, it was Dr. Ernest Sternglass who first discovered and publicized the health problems that arose and worsened after Millstone’s big 70s releases.

Deadly Deceit devotes an entire chapter, “Cancer In Connecticut”, to this disturbing development: “Sternglass found that increases in cancer mortality rates from 1970 varied directly with distance from the plant. From 1970 to 1975, cancer mortality increased 58% in Waterford, where Millstone is located, and 44% in New London, five miles to the east. Cancer mortality in Connecticut as a whole increased by 12%, which was twice as fast as the corresponding 6% US rise.”

Unfortunately these and other subsequent warnings by Joseph Mangano and associates at the Radiation and Public Health Project (radiation.org) went unheeded. Instead two more reactors were built at Millstone.

But in the 1990s Millstone got into a lot of trouble and appeared on the cover of *Time Magazine* in 1996 as an due to gross mismanagement and systematic harassment of a series of courageous whistleblowers. I joined with the people power group Citizen’s Regulatory Commission, and we got Unit 1 permanently shut down in 1998 and the other two reactors closed for some years. Unfortunately they were eventually allowed to restart.

Now, almost 20 years later, the situation has changed drastically. There are only two other nuke plants still running in New England, with one of those scheduled to close in a few years.

The US nuclear industry, desperate to keep from going the way of the dinosaurs, has been trying to promote its scheme to trick customers to pay more for its decrepit

hardware.

In Millstone’s case, the utility, Dominion Resources of Richmond, VA, flooded the state legislature, both in 2016 and this year, with lobbyists, to twist arms and line pockets.

But through the spring a seemingly unlikely coalition emerged, which the Connecticut Mirror on June 3 described as “environmentalists, consumer groups, and other energy producers.”

These included the Connecticut Coalition To Close Millstone, Peoples Action For Clean Energy, American Association of Retired People (AARP), and even the CT Petroleum Council, which opposed the bill because it would have given Millstone an unfair advantage in the marketplace. A survey the latter conducted found that 76% of CT ratepayers opposed the bailout bill.

The Connecticut Mirror story “DominionEnergy Loses Fight Over Millstone Closing” quoted state representative Lonnie Reed on the bill’s fate, “It’s dead. It’s a toxic brand now, literally radioactive.”

And the Connecticut Mirror story reported that a Dominion executive said, “We could retire Millstone any time we choose to.”

Sources: *Deadly Deceit*; Connecticut Mirror, ctmirror.org

Michael Steinberg is the author of 1998’s Millstone and Me: Sex, Lies and Radiation in Southeastern Connecticut.

Downtown Country Fair News

Save the Date - Vendors Wanted!

Submitted by Alice Rubin

We are pleased to announce that planning has begun for the Co-op’s 2017 Downtown Country Fair! This year’s event will be Saturday September 30th from 10 am to 4 pm and will once again be held in Jillson Square.

A huge thank you to all of the musicians, volunteers and vendors that made last year’s event a huge success. The planning committee wants to make this year even better, so we’re putting out the call for vendors. This is a great opportunity to get exposure to the hundreds of people that attend the event. There are just a few requirements for selling your wares: 1) Products must be made locally 2) The selling of handmade items is encouraged 3) The selling of re-purposed, recycled and used items will be considered

If you’re interested in being put on the list to receive and application or if you have any questions regarding vending at the event, please contact Angela Walker at awalk66@gmail.com or Alice Rubin at alice.rubin@willimanticfood.coop

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 without submissions from local residents who care about each other and their community.

T. King, Publisher



7.20.17 Jean de Smet (left) and Dagmar Noll (center) at Willimantic's 3rd Thursday Streetfest. Woman with back to camera is unidentified. Pete Polomski photo.

The Ecology of Mental Health

By Edmund J. Smith, LCSW



The most important aspect of maintaining mental health consists in the internal and external supports a person has available to them, in order to confront the painful experiences that will inevitably crop up in the normal course of life, and which far too often occur as a consequence of traumatic episodes. These result either from random misfortune, willful abuse and neglect, or, on a societal level, oppression. The use of an ecological perspective in surveying the sources of personal strength and the causes of emotional disturbance is a helpful construct in evaluating the effect of life situations.

In the days before psychotherapy and the movement of medical psychiatry that has sprung up at approximately the same time, the hallmark of mental health supports consisted in the cohesion of communities and the benefits that accrued from these communities. It was especially the case in the days before the industrial revolution that there was an intimate connection between people on the basis of an interdependence for the basic purposes of survival. With the growth industrialization came the growth of government, or the State, as a mediating force, assuming the roles of management of human needs whereas before the role was taken up by local associations, affiliated on a largely volunteer basis.

With this social movement towards complexity of production, consumption, and the political management thereof, many problems were solved of a practical nature for the first time, such as the ability to travel and communicate broadly and inexpensively; but other problems at the same time arose, many of which haunt us to this day, and increasingly dangerous levels. Of these, the greatest is the disruption of connection within communities, the friction arising between communities, and the fallout in the form of problems of mental health.

In a society in which an emphasis on speed, productivity, and competitive edge comprise the conditions that most citizens have to cope with, anxiety regarding possible outcomes and depression hinging upon perceived or real helplessness are never far from consciousness, and in many case become dominant in individual's mental states. Considering that the agents that are at work to create these negative mental states, it is beyond the power of any possible corps of mental health professional to independently stem this unwanted tied of distress. What is at best able to be contributed by the mental health profession is the encouragement of a sense of agency, coupled with help in reflecting upon the possibilities within the conditions of life that people face. It is all too often that, as therapists, we hear from a client that they cannot talk to anyone else among friend or family who they feel it is safe to confide in. This circumstance is one of the most damaging elements of social life for many, who instead end up internalizing shame, anger, and frustration, which may sit within them as a bomb ticking and waiting to explode.

The need to be able to disclose one's feels is a primary need, one that is evident in the very first utterances of babies. And yet, as we become adults, it is shut down in us by those around us who wield some form of power, be it teachers, parents, the legal system, or the insidious messages transmitted through the mass media. Obedience,

consumerism, desensitization to the feelings of others, and a general tendency to discourage critical thinking and expression of emotion are hallmarks of a society in which feelings of all sorts are routinely suppressed.

To feel able to express one's feelings and thoughts (recognizing that these are essentially connected to one another) would seem fundamental to any aspiration for a fulfilling life. This is not simply a question of being able to express oneself in a sterile environment in which expression is tolerated but is met with indifference. The key to this expression of self having meaning is that it is met by sympathetic and respectful listening. With these elements in place, a person's sense of self and of worth is dignified, and ultimately that person's wish for agency is met. How is this last part possible? Even if I hear you well and have genuine positive regard for your thoughts and feelings, how does that enable you in any real sense? By this very validation, people, especially children, who are on the path to autonomy, are able to view the world as composed of possibilities, somehow responsive to their needs.

To breed citizens who from an early age are conditioned to believe that their thoughts are invalid and their feelings inappropriate is to thwart the joyful, creative energies that most of us begin life with. What follows from there is one or another way to address pathologies that have been built up over lifetimes.

From this description, it might be concluded that I view the development of humans under conditions of modern life as an unmitigated march to sad and unfulfilling lives. But as the word 'ecology' suggests, there is a balance in all this, and that is the resilience of individuals and of community. Among the more positive markers of human society is that we are the unparalleled problem solvers of the planet, even if we also wear the crown as 'problem-makers'. In specific terms, this can be seen in such phenomena as families reconstructing themselves to re-assign roles in a caretaking member has died or otherwise departed; it is in people building new relationships when old ones have changed or ended; it is in people working together to mitigate the effects of crisis, be it humanly or naturally produced catastrophes, in many cases demonstrating brilliance of thought, depth of feel, and profound courage. It is in self-assessing and finding strength where before we did not believe it was to be had.

The qualities of resilience, innovation, and caring for the group as a whole are ubiquitous throughout times and places. Their greatest hindrance is in the introduction of fear through the perpetuation of misinformation and the severing of social ties. This causing a situation in distrust within and between groups, breeds paralysis and dependence on external control i.e courts, police, and prisons. As people hoping to generate more positive feelings about our lives and the society in which live, our greatest asset is in the ability to communicate our needs, affiliate with others for common cause, and to resist the limitations that have been imposed upon us by controlling institutions. As Rousseau has remarked, we are 'born free, but everywhere' we are 'in chains'. And as another philosopher more recently remarked, 'emancipate yourselves from mental slavery, none can free our minds but ourselves'. It is the role of the therapist to lend credence to these beliefs. Or else we become part of the problem.

The deadline for the Sept. issue of Neighbors Paper is Wednesday, August 16th.

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The Neighbors Paper
Black and White
And Read All Over!!!

The Question of Civilization

By P.K. Willey, Ph.D.

“...since wars begin in the minds of men, it is in the minds of men that the defenses of peace must be constructed...peace must therefore be founded, if it not to fail, upon the intellectual and moral solidarity of mankind.”
– Constitution of UNESCO [United Nations Educational Scientific & Cultural Organization]

Gandhi's view of 'civilization' took the (Random House, 1966) primary definition: "An advanced state of human society in which a high level of culture, science, industry and government has been reached." For him, 'culture' was defined and enhanced by moral and ethical expression in self-restraint, service to society, through personal expanding awareness of responsibility. 'Science' included recognizing the interdependence of life, working to synergistic-ally advance; industry meant the individual activity of production, not mass production; 'government' meant decentralized local controls, ultimately residing in self-autonomy for a credible democracy.

In Gandhi's lifetime, two 'unthinkable' World Wars - I, & II, involving vested economic interests of western European, Russian, North American Caucasian nations, and highly industrialized Japan occurred, including 'lesser' wars-geno-demo-politico-cides (against the Zulu-1906, Armenians-1915, Nanking Massacre-1938). The warring nations were globally recognized for standards of 'advancement': clean streets, industrial development, technological awareness (education – media reach) social freedoms, and high levels of nutrition, life-expectancy, material consumption. Gandhi's experiences with consumer-based societies made him recognize the urgent need for ethical civilization.

Historical records indicate that prior to 1602, India had evolved a pattern of life based upon rurally sustainable economics; the imposition of external, industrially exploitative patterns upon it brought social chaos, disruption and extreme deprivation in its wake, as continues today. In 1923 after World War I, Gandhi wrote:

“If Swaraj (self-rule, independence) cannot be attained by [war], it cannot be attained either by the erection of huge factories. Gold and silver may be accumulated but they will not lead to the establishment of Swaraj... Western civilization is a mere baby, a hundred or only 150 years old. And yet it has reduced Europe to a sorry plight. Let us pray that India is saved from the fate that has overtaken Europe, where the nations are poised for an attack on one another, and are silent only because of the stock-piling of armaments. Someday there will be an explosion, and then Europe will be a veritable hell on Earth. Non-white races are looked upon as legitimate prey by every European State. What else can we expect where covetousness is the ruling passion in the breasts of men? Europeans pounce upon new territories like crows upon a piece of meat. I am inclined to think that this is due to their mass-production factories.”

Gandhi was to spend the rest of his life, from WW I onward, painting and planting visions into the Indian mind: a new civilization that would take into account beneficial scientific and technical innovations, evolve integrated economic practices, utilize Swadeshi – localized production – combine with bread labour to develop an increasing sense of universal trusteeship. He knew it was necessary to instill an Earth ethical outlook on life as a norm, to forever mitigate the potential for exploitation, to ensure economic and democratic justice, that included a hearty respect for those who labored and served.

As with life in rural New England in the 1800's, Gandhi saw village life promoting a fuller expression of Ahimsa (non-harming compassion) in the individual, bringing greater simplicity, contentment, happiness and overall life satisfaction. However, 400+ years of resource exploitation and colonial domination within and without had stagnated India's rural life into pits of poverty, stultifying roles, superstition, and feudal misery. He saw that the social-ordering ideals of varna promoted a system of moral economics, the basis of an ethically-

oriented civilization. Gandhi was keen to revive artisan skills through ideals of village life. He knew it would be a hopeless task without first empowering the people economically. For that, villagers needed reciprocal consumer support for each other and from their urban brothers and sisters. It was commonsense. Gandhi strove on every front to turn India's westward looking eyes back to her inherent lifestyles that had spawned the philosophical richness of her psyche, to see the practical wisdoms of her older economic and social patterns based upon Earth ethical ideals.

“We know, too, that each nation has its own characteristics and individuality. India has her own, and if we are to find out a true solution for her many ills, we shall have to take all the idiosyncrasies of her constitution into account, and then prescribe a remedy. I claim that to industrialize India in the same sense as Europe is to attempt the impossible.”



Gandhi's mud brick home in Sevagram, a village where he sought to put his ideals for economic and ethical reform into practice. Contributed photo.

He questioned the road of industrial development as being 'modernization' and therefore an inevitable 'evolutionary' necessity for all less industrially developed societies on the Earth. He noted that:

“There is a growing body of enlightened opinion which distrusts this

civilization which has insatiable material ambition at one end and consequent war at the other. But whether good or bad, why must India become industrial in the Western sense?...one would think that a big country, with a teeming population, with an ancient rural tradition which has hitherto answered its purpose, need not, must not, copy the Western model.”

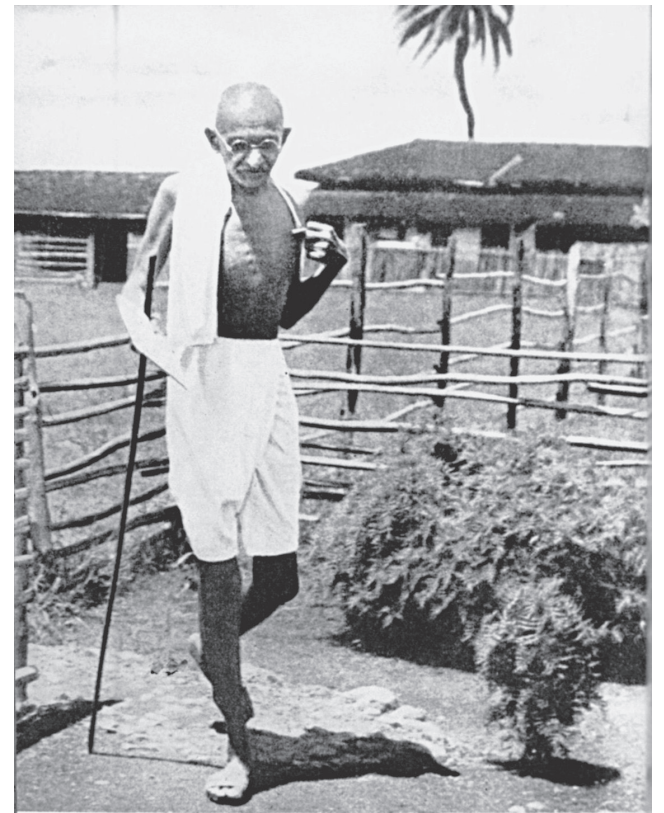
Indians, particularly the English-style educated leading elite, conditioned to desire the pictures their education held out as ideal models, felt Gandhi wanted them to turn the clock back with his ideas for mass employment through village industry, with his stress on simplicity and contentment in the non-material. Gandhi knew that the 'good old days' were gone. His brilliant Constructive Program was a new way for India to truly 'modernize', aimed not only at changing elite mindsets, but most importantly, providing the social support stepping-stones for the moral and economic advancement of a rural civilization:

“It will not necessarily be a return to the old absolute simplicity. But it will have to be a reorganization in which village life will predominate and in which brute and material force will be subordinated to the spiritual force.”

Gandhi saw that worldwide the advent of the big machine and mass production had crippled the economic stability of the masses, created unwholesome and unnecessary appetites, an attitude of disposable 'resources' from the Earth, and had spawned the cult of greed in the human consciousness. Although he availed himself of varying forms of transport: cars, trains, etc., making no fetish of consistency, he felt their usage was less important to the real task before the human race, to live equitable, sustainable lives, to 'Love Thy Neighbour as Thyself' and thus usher-in mutually beneficial relations with the entire Creation. As such, he deplored increased reliance upon machines, which led to the destruction of the vital and delicate relationship between man and man, man and nature.

He saw that industrial-urbanisation of India would deeply increase the exploitation and impoverishment of her own people:

“God forbid that India should ever take to industrialization after the manner of the West. The economic imperialism of a single tiny island kingdom [England] is today keeping the world in chains. If an entire nation of 30 millions took to similar economic exploitation, it would strip the world bare like locusts. Unless the capitalists of India help to avert that tragedy by becoming trustees of the welfare of the masses, and by devoting their talents not to amassing wealth for themselves but to the service of the masses in an altruistic spirit, they will end either by destroying the



Gandhi at Sevagram outside his home. Contributed photo.

masses or being destroyed by them.”

“I do submit that it is wrong to carry the process of mechanization of industry so far as to kill the cottage industries and concentrate them within a narrow field; in other words, I am against urbanisation of India at the expense of her rural civilization and rural life.”

Today the news screams that our Western Civilization and lifestyles cannot be sustained or survive. Our common senses are assaulted daily: social violence, endless consumption of forests, waters; the materials of the planet literally turned into toxic trash. Erosion of the family, ignoring the sanctity of children's innocence, importance of moral roles for men and women working together to create an ethical society through their children – it's all seemingly going, going, GONE! We twist and turn uncomfortably in our conscience, feeling unable to stop the tide of human greed and destruction that appears to envelope us. Simple solutions exist, we all know them. Gandhi put clothes upon the deeper thoughts of our hearts, and brought them out for the world to see. Real civilization begins with “the intellectual and moral solidarity of mankind.”

The author blogs at: www.earthethics.org



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Can separation get us beyond petitioning and dissenting?

It's Our Government, Isn't It?

By Len Krimerman

"Politics for the politicians! That is the last corruption of a society that has knocked the foundations from under its own feet."

- G.D.H. Cole, an English guild socialist of the 20th century.



"Democracy must be born anew in every generation, and education is its midwife." - American philosopher John Dewey; written around 1910.

Are we the people captives in a conquered province?

A few weeks ago, I received an email sent to "undisclosed recipients", titled "What a Betrayal from our Democratic Senators!!!" It continued:

"...We are so deeply disappointed and quite shocked that Courtney and Larsen both joined ranks with Trump's agenda....please read below. If you haven't already, PLEASE reach out to them and express your dismay and outrage as constituents...."

THREE of our DEMOCRATIC CT Representatives voted in favor of 'Kate's law'. Rep Elizabeth Esty, Rep Joe Courtney, and Rep John Larson were part of a group of 24 Democrats that joined Republicans in voting for Trump's anti-immigrant agenda. The bill purports to keep Americans safe from 'illegals.' In reality, it further criminalizes and penalizes immigration violations and will keep families apart as well as making it even more difficult for immigrants to seek asylum. It is shocking that some Democrats voted for this bill which is part of the 'round them up and throw them out' mentality. Please call and write to these Reps. We need to let them know that their active participation in hate-mongering is both irresponsible and unacceptable!"

Now I agree fully that this new Bill is a Trumped-up deceitful abomination aimed at stirring up hate and divisive fears. But I'm not at all shocked or surprised by three Democratic politicians attempting to garner votes and stay in office by courting the fearful among us. That, at present, I take for granted.

What bothers me is that more forceful ways, beyond petitioning and protesting, are being ignored, rather than used to offset such devious and divisive legislation and its congressional supporters. That "we the people" cannot do more than humbly petition our increasingly brutal and unworthy politicians, cannot really hold them accountable. Yes, we vote for or against them every so often, but after that brief exercise we too often accept the silencing of our voices and the diminishment of our own imaginations and authority.

Fifty years ago, anarchist writer and social critic Paul Goodman published a book titled *Like A Conquered Province*. Towards the end of it, he explained his title: "I would almost say that my country is like a conquered province with foreign rulers, except that they are not foreigners...."

That is, for most Americans our situation is much like that of colonized or dominated peoples: we can vote for our rulers, but cannot control them; our dissent, at times, can be expressed, but will nearly always be dismissed or over-ruled; our tax revenues mainly fund military interventions and corporate interests, leaving us to battle with each other over tiny trickle-downs. We are, in effect, walking in the dreams and demands of our captors, seemingly doomed to sit like docile passengers, who can only watch as the USA train goes wherever USAGE, the USA Global Empire (see my May Neighbors article), takes us. Despite the incessant rhetoric of "freedom", we as a people have become unknowing captives. (The USA train, especially in its first class seats, can have many amenities; but – so it seems – there is no stopping it or changing its route.)

Can separation help reclaim our agency and self-determination?

Let's think about this together. Recall the several forms of separation described in last month's article: what do they have in common? Whether it be cities and states in our country abiding by the Paris Accords on climate change and bypassing our tantrum-prone Prez; sanctuary activists organizing longer and larger huelgas to gain permanent protection and respect; a French President "obliterating traditional political parties"; or workers creating cooperatively controlled economic enterprises that build both individual and community agency, these seeds of separation mirror the separatist and revolutionary youth education initiatives discussed in June's *Neighbors Paper* article.

That is, rather than remaining captives on the

typical USA train ride, they no longer accept the control of distant and unaccountable "representatives". Instead, they have become authors of their own lives, believing that they themselves are the ones they have been waiting for.

What all these cases have said, or better, shown, is that ordinary people, and not just politicians or the wealthy 1%, can be heard and can become creative leaders, rather than mere suppliants, dissenters, or captive bystanders.

How though can separation take back power from those unaccountable politicians? As June's article illustrated, in reshaping education, NG2's mode of separation prioritizes "personalized learning" and learner agency. (As we saw, much the same can be said about YPAR, Youth Participatory Action Research.) Perhaps by analogy, separation politics "personalizes governance", making it no longer a one shape fits all affair – and enhances citizen agency.

That is, before YPAR and NG2, administrators and other adults required uniformity in grading and classroom ages. These new educational initiatives have departed, or separated, from educational uniformity by giving youth and their allies far more autonomy and authority than those previously in charge allowed. To me, as well as the YPARers, this is not only good for learners, it is a huge step toward democratic governance.

In the case of politics, representatives elected solely from political parties constitute a very similar disempowering form of uniformity. That is, professional politicians, regardless of party affiliations, uniformly weigh their own party's interests above any choices, concerns, dreams, or conscientious objections of ordinary citizens. Republican Mitch McConnell is a classic example: he happily brags about never making any political decisions except those favoring his own party's staying in or gaining power. Politicians in the Democratic party are hardly different, though they brag less about it.

What's needed, and what the seeds of separation might bring about, is a shift in governance analogous to the separation happening in education. Professional politicians should be treated as we have begun to treat educational admins: neither should have ultimate or final authority. Instead, they must see themselves as just one among many elements of a just and genuinely democratic society, helping empower either youth or adult citizens; or at the least, getting out of their way.

How to Begin, Concretely?

The task of curbing the immense power of political parties and professional politicians can seem as unthinkable as remaining under water for a whole week. But that's probably how most people in Eastern Europe felt before Poland's Solidarity movement won concessions from the former USSR, and the Berlin Wall came down in 1989. And consider also the Chiapas Rebellion of 1994, through which the indigenous Zapatistas won local autonomy for the southernmost Mexican state (an ideal example of separation, as they made no effort to secede.)

Successful separatist governance examples that are less extreme, but equally hopeful and closer to home, would have to include Participatory Budget (PB) initiatives. These began about three decades ago in Brazil, spreading swiftly to Europe, South America, and Africa, and emerging in North America over the past ten or twelve years. They can be found on all major continents, and in some 50 or so countries; overall, they now number close to 1500.

In all of these, ordinary citizens along with civic (or non-profit) organizations have a definite role in both shaping and utilizing portions of their town, city, or larger region's budgets. Typically, community groups put together a budget for a neighborhood project they need, e.g., renovation of a school, development of a Youth Center, etc.; funds for these projects are then allocated not by formal governments, but by all of the community groups deliberating together. As a result, the role of party-based officials, whether elected or appointed, is not to accept or reject citizen-generated budgets, but to offer assistance to citizens in preparing their own budgets and making budgetary decisions.

There are several PB initiatives within New England – Boston, Cambridge, Lawrence; New York City has two separate ones. The one closest to us is Hartford Decides, just three years old:

Hartford Decides is an organization that promotes Participatory Budgeting in the City of Hartford.

Participatory Budgeting is a process that gives Hartford residents real power over real money! For year three, teams will propose project ideas to better Hartford neighborhoods and residents will vote on their favorite proposal to receive \$250,000 in Capital Improvement funds!

Participatory Budgets are but one way to help enable citizen-led democracy. Next month, I'll offer my

personal favorite, which I call the "Rainbow Delegate Insurgency", as it directly clashes with the monotonous uniformity of politician-dominated "representation". If you have time, check out the following link, which endorses a very similar notion, that of a "Partner State": <http://commontransition.org/blueprint-for-a-partner-state/>.

And don't forget to send me your comments, objections, feedback of any sort – at lenisageo@gmail.com.



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By EC-CHAP

The Eastern Connecticut Center for History Art, and Performance (EC-CHAP) is pleased to offer an assortment of live performances, classic films, and cultural programs to our surrounding communities. We've made several changes from last season which we hope will provide greater opportunities for our local and regional community members.

Our monthly "Talent Showcase" will be moved to the 2nd Wednesday of the month (from Thursday). As in the past, our Showcase is free, open to all ages, and represents a chance for folks to share their talents in front of a live audience. We are maintaining the same hours from 7:00pm to 10:00pm (doors 6:30pm), and recommend calling in advance to get placed on the schedule. You can also sign-up at the door (time permitting).

The Gardiner Hall Jr. Museum is now open every Wednesday from 9:30am to 11:30am, during special events, and by appointment under the direction of our Curator, Pamm Summers. Pamm has acquired new original artifacts and additional photographs that will be soon on display.

We will also continue to provide our quarterly First Sunday at The Mill Works series featuring resident artist open studios, the Gardiner Hall Jr. Museum, and a variety of performances and activities for the entire family. Our "Fall First Sunday" is scheduled for October 1st and our "Winter First Sunday" will be held on December 3rd. Both events are free to the public and open from 12:00pm to 5:00pm.

We have an exceptional line-up of concerts and programs scheduled for next season beginning in September! Subscribing to our "Performance Updates" will keep you informed of upcoming events, and signing-up is easy from the home page on The Packing House website. Please check www.thepackinghouse.us frequently for changes or additions.

Here's a look back at some of our performances from last season:



Belle of the Fall



Greg Abate Quartet



Providence Mandolin Orchestra



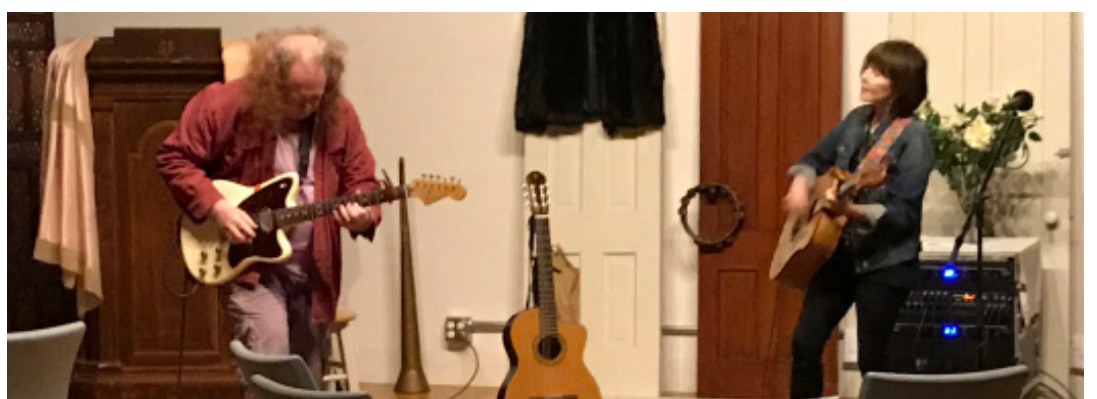
Patty Rothberg



Kala Farnham



Nat Reeves with the Hart School Student Jazz Ensemble



Libby Johnson



Gracie Day



Kate Callahan



Ramblin' Dan Stevens

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

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

Resources for Human Connection and Action

By John Murphy

This column is about the locally-based electronic media channels and programs in our region—radio, TV, cable and web-based. They reflect many different experiences of life with a wide variety of social, political and cultural perspectives. Local news coverage is limited in our region and these community channels offer a great opportunity to connect and learn. The local arts are also included to support people and groups who are trying to reach the public. This month's topics include:



1. Two local radio interview programs on WILI Radio in Willimantic
2. Windham Arts—Once in a Blue Moon Music Jam on August 11 in Jillson Square from 5-11 pm
3. Part 2 of 'Is There Room for Mansfield in UConn Nation?' A Live Media Forum and Program Series

Two Local Radio Interview Programs on WILI Radio:

Mondays 5:10—6:00 PM: Food for Thought from CLiCK with host Mary Oliver

Food for the soul, food for friends, food for thought... Talk may be cheap, but talk radio is rich with possibilities: farms & gardens, local food businesses, trends & more! Join us on Monday evenings after the news with your host, Mary Oliver, for the best of Northeastern Connecticut on WILI 1400AM/95.3FM

CLiCK (Commercially Licensed Cooperative Kitchen) is a 501(c) (3) non-profit run on co-operative values serving the needs of the local community through its commitment to a just locally based sustainable and healthy food system. The organization serves as a small business incubator for food entrepreneurs of all kinds.

CLiCK is located at 41 Club Road in Windham CT, an area rich with contrasts. It contains many small farms, as well as the Town of Windham, which is home to about 20,000 from a wide range of cultural backgrounds. Like many small New England towns, Willimantic was once a thriving mill town but since the mills closed in the 1980s, it has struggled to restart its economic engine. However, this is exactly why CLiCK believes Windham is perfect for a commercial kitchen as it is through food that many of the area's assets and needs can be brought together for all. Activities include:

Education and training in the culinary arts and nutrition to improve skills and further entrepreneurial goals. This includes a focus to improve the health of under-served populations.

Implementation of a sustainable social and economic development model by maintaining a licensed food preparation facility that will support local "farm-to-table" micro-enterprise development, educational opportunities, technical assistance and sustainability.

Website: www.clickwillimantic.com but currently being upgraded. Check for the new version!

41 Club Road in Windham, Connecticut/Phone: 860-786-7907

General Manager Rachael LaPorte and email: rachael.clickwillimantic@gmail.com

Wednesdays 5:10—6:00 PM: Windham Arts Radio Series with host John Murphy

Windham Arts is the Designated Region Service Organization for Northeast Connecticut (DSRO)

One of nine regional service organizations in Connecticut, Windham Arts is focused on direct service to individual artists and arts groups. For more information and details about services, events and programs visit www.windhamarts.org

The Windham Arts service region includes the towns of Ashford, Bozrah, Brooklyn, Canterbury, Chaplin, Colchester, Columbia, Coventry, Eastford, Franklin, Griswold, Hampton, Killingly, Lebanon, Ledyard, Lisbon, Mansfield, Montville, North Stonington, Norwich, Plainfield, Pomfret, Preston, Putnam, Salem, Scotland, Sprague, Stafford, Sterling, Thompson, Tolland, Union, Voluntown, Willington, Windham, and Woodstock.

Regional Service Organizations are funded by and assist the Connecticut Office of the Arts to support the state's creative economy and provide cultural leadership to a broad diversity of regional constituents. One purpose is to promote, strengthen and expand cultural resources in their communities, and form arts and cross-sector relationships as an effective vehicle for change.

If you are an artist or arts-related organization in our region please contact us for resources and valuable media support for your good work. New staff contacts are listed below:

Nancy Brown nancy@windhamarts.org
John Murphy john@windhamarts.org

We are grateful to have Matt Rupar as studio producer at WILI for both radio programs.

Once in a Blue Moon Music Jam August 11 in Jillson Square from 5-11 pm



This annual event supports the work of Windham Arts to serve artists and arts groups in our region in north-east Connecticut. Special grant programs are available to individuals and groups. See www.windhamarts.org

Date: Friday, August 11, 2017

Time: Gates Open At 5:00pm | Music from 6:00pm – 11:00pm

Food and Drinks (including beer*)

Location: Jillson Square, Willimantic, Connecticut

Cost: \$20 per person
Purchase Tickets at the gate or online in advance at: http://www.windhamchamber.com/event/blue-moon-music-jam/?tickets_process=#buy-tickets

*Please note that individuals who purchase tickets online must bring photo ID and check in at the info booth by registration.

Musical Line-up:

6:00pm-7:30pm with the Cole Morson Band

7:45pm-9:15pm with the Outriggers

9:30pm-11:00pm with headliner Jeff Pitchell

About Jeff Pitchell: Jeff Pitchell singer/songwriter and guitar player extraordinaire was invited last year to perform with the Allman Brothers in NYC to a sold out Beacon Theater. Blending Stevie Ray Vaughan, BB King, and Jimi Hendrix with his own style, Jeff has won many National and International Awards, His own song "Eye for an Eye" won an international Songwriting Contest and was recently recorded by the legendary John Mayall. Jeff has had a #7 CD on the National Billboard Charts. He has shared stages & licks with BB King, Ted Nugent, J Geils, Phil Lesh, founder of the Grateful Dead, Gregg Allman, Warren Haynes, Derek Trucks and Sue Tedeschi, Rick Derringer, and many others. Jeff first won recognition as best guitarist in ST of CT at age 15 and has won best guitarist and band in ST of CT, CT Magazine and many other awards

They are keeping all fingers crossed for good weather, but the rain date is Sunday August 13.

Three Community Media Resources for Our Region

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



WECS Radio at Eastern Connecticut State University

A 24/7 team of student and community program producers, an eclectic electric experience
90.1 FM and www.wecsfm.com –full program schedule on the website

My weekly series The Pan American Express, a music fusion from across the Americas and local talk Tuesdays 12—3 pm and guests are invited! Contact me at john@humanartsmedia.com
YouTube Radio/TV Simulcast archive available: <https://www.youtube.com/playlist?list=PLW5WLT18OaAccZQX-21UsgbkGVXfrYfs0w>

Neighbors

Serving the inhabitants and environment of northeastern Connecticut
A little paper big on community

The Neighbors Paper

Monthly print version distributed throughout 22-town region in the Quiet Corner
Available online in color at www.neighborspaper.com with full archive
Contact Tom King, Owner/Publisher, as neighborspaper@yahoo.com
Send calendar/event listings to "Attention Dagmar Noll" in Subject Line



Charter Public Access TV Channel 192/NE Connecticut Area/North Windham Studio

For 24/7 on-demand access to CTV192 programs on the Internet:

1. Go to the website = www.ctv192.com
2. Open the Programming Tab and select "watch programs."
3. When you open you will see a display listing current shows
4. Make your selections based on the channel, program title, topic or date and enjoy!
5. My series is On the Homefront, online and Tuesdays 2:30 pm, Thursdays 8:00 pm and Saturdays 2:00 pm.

Remember the Charter Public Access Channel moved from channel 14 to channel 192. Make it a "favorite" on your cable channel remote control and take a ride with community TV—it's free and worth every cent.

So that's it for this issue. Thanks for reading and best wishes for the second half of our summer!

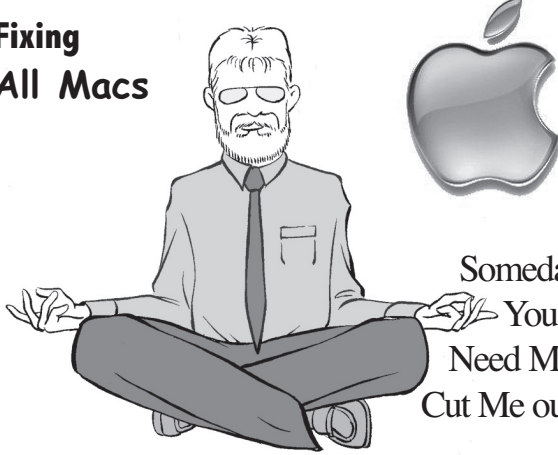
John Murphy
john@humanartsmedia.com

To all our contributors— Thank You!

Without your submissions of writing, poetry, artwork and photographs, this little paper would not exist. T. King, Publisher

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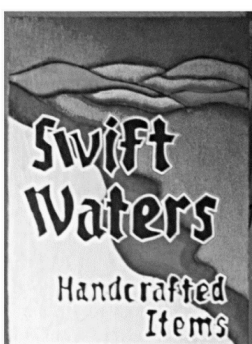
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If You've Never Read an Article of Mine
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Let's start with Password Advice

According to the traditional advice — which is still good — a strong password is:

• Has 12 Characters, Minimum: You need to choose a password that's long enough. There's no minimum password length everyone agrees on, but you should generally go for passwords that are a minimum of 12 to 14 characters in length. A longer password would be even better.

• Includes Numbers, Symbols, Capital Letters, and Lower-Case Letters: Use a mix of different types of characters to make the password harder to crack.

• Isn't a Dictionary Word or Combination of Dictionary Words: Stay away from obvious dictionary words and combinations of dictionary words. Any word on its own is bad. Any combination of a few words, especially if they're obvious, is also bad. For example, "house" is a terrible password. "Red house" is also very bad.

• Doesn't Rely on Obvious Substitutions: Don't use common substitutions, either — for example, "H0use" isn't strong just because you've replaced an o with a 0. That's just obvious.

• Try to mix it up — for example, "BigHouse\$123" fits many of the requirements here. It's 12 characters and includes upper-case letters, lower-case letters, a symbol, and some numbers. But it's fairly obvious — it's a dictionary phrase where each word is capitalized properly. There's only a single symbol, all the numbers are at the end, and they're in an easy order to guess.

Tired of coming up with your own strong passwords?
Let iCloud Keychain help.

iCloud Keychain is Apple's attempt at password management. It keeps all of your passwords and accounts for you and keeps them consistent across all of your devices. It can also generate passwords for you so that you don't have to keep coming up with strong passwords on your own.

Here's how to set up and use iCloud Keychain to keep your information consistent and safe.

Before you can do anything with iCloud Keychain on your Mac, you need to make sure it's enabled. Here's how:

1.) Launch System Preferences either from your dock or by clicking the (Apple logo) on the top left of your screen and clicking System Preferences.

2.) Click iCloud.

3.) Click the checkbox next to Keychain on the right.

4.) Enter your Apple ID password. This is the Apple ID account you created between you and Apple, NOT the login and password to your Mac.

5.) Enter a 6-digit code that can be used to set up iCloud Keychain on another device.

6.) Click Next

7.) Re-enter the security code.

8.) Click Next

9.) Enter a mobile number that can receive text messages (SMS). This number will be used to verify your identity whenever you try to access your keychain.

10.) Click Done.

How to view your iCloud Keychain passwords

If you need to see your Keychain passwords for whatever reason, you can do so in Safari.

1.) Launch Safari from your dock or the Finder. Click Safari on the top left of your screen. Click Preferences.

2.) Click Passwords.

3.) Enter your Mac password (not your Apple ID password). The password to your computer.

4.) Click on the Account whose password you'd like to view. Your

password for that account will be revealed where the dots are.

5.) Enter your Mac password, click the account whose password you want to view. It will become visible.

If you're not quick or go too long on that passwords window without activity, it'll lock again. Just re-enter your Mac password.

This process works the same way for usernames and credit card numbers. Your username and credit card number won't be autofilled for you the first time, but once you create your username and enter your credit card information, they will be autofilled every time after.

Have Keychain create a password and remember it.

Sometimes you want to create passwords yourself when confronted with websites that want you to create one. You may be tired of creating passwords you'll remember or good passwords that aren't guessable. Have Keychain do it.

To add a password manually follow the steps below.

1.) Open Keychain Access (It's in your Utilities folder that's in your Applications folder).

2.) Select a keychain from the keychains list in the top left. (Like "Login".)

Choose File > New Password Item.

3.) Enter the information for Keychain Item Name, Account Name, and Password.

4.) You can select Show Typing to show the characters as you type to make sure they're correct. You can select different types of passwords and it will tell you if they are weak or strong.

Steve Woron is an artist and Mac technician and lives in Vernon CT. Contact him at (860) 871-9933 leave a message, or illstudio@snet.net. He also has been doing desktop publishing for 21 years. He also scans slides and negatives professionally. See his ads to the right.
[See DrMacCT.blogspot.com](http://DrMacCT.blogspot.com)



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Our Community Calendar

Compiled By Dagmar Noll

August 2, Wednesday

Skill Share: Knitting Group, 12:00p.m. - 3:00p.m. Hampton Library, 257 Main Street, Hampton. Info: 860-455-1086

Kids: Nature's Alphabet Series: What's at the Pond?, 1:00p.m. - 2:30p.m. Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Info: 860-455-9534 Register: 860-455-9534 jasper.sha@ct.gov

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

August 3, Thursday

Theatre: The Full Monty, 7:00p.m. \$19-22. Burton Leavitt Theatre, Main St, Willimantic. Info: 860-423-2245 www.windhamtheatreguild.org

August 4, Friday

Kids: Story Time, Song & Play for ages 0-5, 10:00a.m. - 11:00a.m. Hampton Library, 257 Main Street, Hampton. Info: 860-455-1086

Kids: Science! 4:00p.m. The CT Science Center leads Family Science Night at Knowlton Hall, 25 Pompey Hollow Road, Ashford. Info: 860-487-4220

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

Theatre: The Full Monty, 7:00p.m. (See 8/3)

August 5, Saturday

Skill Share: Mushroom ID Class with the 3 Foragers, 10:00a.m. - 12:30p.m. Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Info: 860-455-9534 Register: 860-455-9534 jasper.sha@ct.gov

Kids: Sheldon Explains It All, 11:00a.m. - 12:00p.m. & 2:00p.m. - 3:00p.m. \$6-8. Ballard Institute of Puppetry, 1 Royce Circle, Storrs. Info: 860-486-8580

History: Hysterical Historicals, 1:00p.m. Informal show and tell for local history buffs. Bring your mementos. Windham Textile & History Museum, 411 Main Street, Willimantic. Info: 860-456-2178 www.millmuseum.org

Skill Share: Backpacking in New England with Mat Jobin, 2:00p.m. - 3:00p.m. Backpacking fundamental presentation at Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Info: 860-455-9534 Register: 860-455-9534 jasper.sha@ct.gov

Community Food: Storrs Farmers Market, 3:00p.m. - 6:00p.m. Mansfield Town Hall, 4 S. Eagleville Road, Storrs. Info: storrsfarmersmarket.org

Meditation: Willimantic Mindfulness Sangha Meditation, 7:00p.m. - 8:30p.m. Non-sectarian, Buddhist-style sitting and walking meditations, teaching and sharing. Info: 860-450-1464 dmangum617@gmail.com

Theatre: The Full Monty, 7:00p.m. (See 8/3)

August 6, Sunday

Walking & Politics: WAPA Walkers, 8:00a.m. - 9:00a.m. Windham Area Progressive Action walking group. Discuss local and national progressive politics while hiking the Greenway. Meet at the main gate of the Connecticut Eastern Railroad Museum, Bridge Street, Willimantic.

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

August 8, Tuesday

Hiking: Carnivorous Plants & Dragonflies: Exploring Around Black Pond, 1:00p.m. - 2:30p.m. Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Info: 860-455-9534 jasper.sha@ct.gov

Live Music: Quiet Corner Fiddlers, 7:00p.m. - 8:30p.m. The Gazebo on Scotland Green. Info: b.schreiber@snet.net qcf.webs.com

August 9, Wednesday

Skill Share: Knitting Group, 12:00p.m. - 3:00p.m. (See 8/2)

History: Windham Walks: 325, 6:00p.m. \$3.25. Take a walking tour around the mill district and Willimantic worker's homes. Windham Textile & History Museum, 411 Main Street, Willimantic. Info: 860-456-2178

Singing: Hampton Hoot Sing-Along, 6:30p.m. - 7:45p.m. Hampton Library, 257 Main Street, Hampton. RSVP: 203-218-6199

Skill Share: Djembe Drumming Lessons, 7:00p.m. - 9:00p.m. (See 8/2)

August 10, Thursday

Film: Before the Flood, 7:00p.m. Followed by discussion about homeowner solar and energy efficiency options. Goodwin Forest, 23 Potter Road, Hampton. Info: 860-604-4846

August 11, Friday

Kids: Story Time, Song & Play for ages 0-5, 10:00a.m. - 11:00a.m. (See 8/4)

Rally: We the People Weekly Rally, 5:00p.m. - 6:00p.m. (See 8/4)

August 12, Saturday

Skill Share: Woodcarving Discussion & Workshop, 10:00a.m. - 12:00p.m. Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Register: 860-455-9534 jasper.sha@ct.gov

Kids: The Superhero Within: Episode 2!, 11:00a.m. - 12:00p.m. \$6-8. Ballard Institute of Puppetry, 1 Royce Circle, Storrs. Info: 860-486-8580

Community Food: Storrs Farmers Market, 3:00p.m. - 6:00p.m. (See 8/5)

Meditation: Willimantic Mindfulness Sangha Meditation, 7:00p.m. - 8:30p.m. (See 8/5)

August 13, Sunday

Walking & Politics: WAPA Walkers, 8:00a.m. - 9:00a.m. (See 8/6)

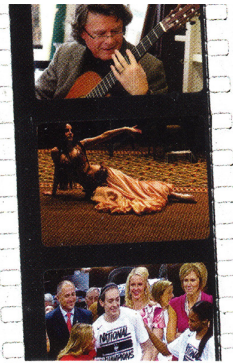
Writing & Nature: Nature Journaling: Creating Memorable Field Notes, 1:00p.m. - 2:30p.m. Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Info: 860-455-9534 jasper.sha@ct.gov

History: Second Sunday Guided Tour, 2:00p.m. Special focus: mill neighborhood and Willimantic worker's homes. Windham Textile & History Museum, 411 Main Street, Willimantic. Info: 860-456-2178

August 14, Monday

Film: "The Trap: What Happened to Our Dream of Freedom?" Part 3 of 3, 7:00p.m. Free. 46 Spring Hill Road, Storrs. Info: "Second Monday Film Series" on Facebook 860-428-4846

calendar continued on back page



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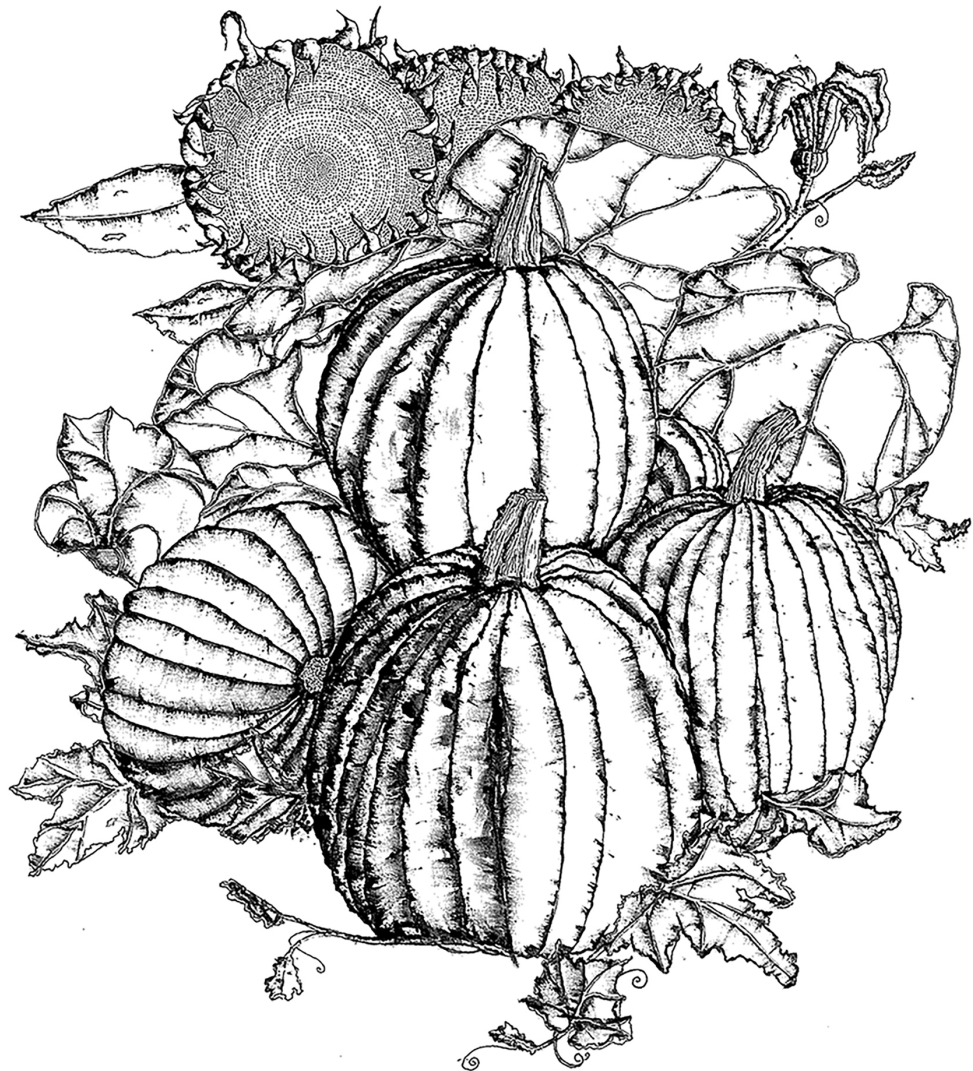
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Without your submissions of writing, poetry, artwork and photographs, this little paper would not exist. T. King, Publisher

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• FREE •



WILLIMANTIC FARMERS MARKET

• MUSIC • CRAFTS • FOOD • GAMES •
JILLSON SQUARE

Calendar continued from previous page

August 16, Wednesday

Hiking: Senior Walk, 12:00p.m. - 2:30p.m. Free. Easy walk not just for seniors. Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Info: 860-455-9534 jasper.sha@ct.gov
Skill Share: Knitting Group, 12:00p.m. - 3:00p.m. (See 8/2)

Kids: Nature's Alphabet Series: What's at the Pond?, 1:00p.m. - 2:30p.m. (See 8/2)
Skill Share: Djembe Drumming Lessons, 7:00p.m. - 9:00p.m. (See 8/2)

August 17, Thursday

Hiking: Senior Walk, 12:00p.m. - 2:30p.m. (See 8/16)

Festival: 3rd Thursday Street Festival, 6:00p.m. - 9:00p.m. Main Street, Willimantic closes for food, music and fun! Info: www.willimanticstreetfest.com
Nature: Herons with Carrie Crompton, 7:00p.m. - 8:30p.m. Discussion and 40-minute film at Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Info: 860-455-9534 jasper.sha@ct.gov

August 18, Friday

Kids: Story Time, Song & Play for ages 0-5, 10:00a.m. - 11:00a.m. (See 8/4)
Rally: We the People Weekly Rally, 5:00p.m. - 6:00p.m. (See 8/4)

August 19, Saturday

Cycling: Steeplechase Bike Tour Fundraiser for WAIM, Perception Programs, and the Windham Region No Freeze Project. Features 100-, 62.5-, 50-, 35-, and 20-mile cycle routes as well as a 5-mile walk. ECSU Athletic Complex, 69 Mansfield City Road, Mansfield. Register: steeplechasebiketour.org

Nature: Forest Harvests/TSI/Invasive Species Walk, 8:45a.m. - 11:00a.m. Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Info: 860-455-9534 jasper.sha@ct.gov

Skill Share: Gardeners Roundtable, 10:00a.m. - 11:30a.m. Workshop for experienced gardeners to share best practices and pitfalls. Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Register: 860-455-9534 jasper.sha@ct.gov
Community Food: Storrs Farmers Market, 3:00p.m. - 6:00p.m. (See 8/5)

History: Museum Lyceum: Mill Number 4: Willimantic's most famous factory structure, 4:00p.m. \$5. Windham Textile & History Museum, 411 Main Street, Willimantic. Info: 860-456-2178

Meditation: Willimantic Mindfulness Sangha Meditation, 7:00p.m. - 8:30p.m. (See 8/5)

August 20, Sunday

Walking & Politics: WAPA Walkers, 8:00a.m. - 9:00a.m. (See 8/6)

August 22, Tuesday

Nature: Backlighting for Moths, 8:00p.m. - 10:00p.m. Attract moths with a mercury vapor lamp and sugaring sites, and study them in a group setting. Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Register: 860-455-9534 jasper.sha@ct.gov

August 23, Wednesday

Nature: Dragons & Damsels: A Look Into the World of a Super Predator, 12:00p.m. - 2:00p.m. Dragonfy talk. Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Info: 860-455-9534 jasper.sha@ct.gov

Reading: Goodwin Book Club, "One Man's Quest to Preserve Quiet", by Gordon Hempton, 3:00p.m. - 4:00p.m. Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Info: 860-455-9534 jasper.sha@ct.gov

Skill Share: Knitting Group, 12:00p.m. - 3:00p.m. (See 8/2)

Skill Share: Djembe Drumming Lessons, 7:00p.m. - 9:00p.m. (See 8/2)

August 25, Friday

Kids: Story Time, Song & Play for ages 0-5, 10:00a.m. - 11:00a.m. (See 8/4)
Rally: We the People Weekly Rally, 5:00p.m. - 6:00p.m. (See 8/4)

August 26, Saturday

Nature: Connecticut Butterflies with Pamm Cooper, 2:00p.m. - 3:00p.m. Presentation and walk. Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Info: 860-455-9534 jasper.sha@ct.gov

Community Food: Storrs Farmers Market, 3:00p.m. - 6:00p.m. (See 8/5)

History: Mill of the Month goes to Bell Town, East Hampton, 4:00p.m. Carpool from Windham Textile & History Museum, 411 Main Street, Willimantic. Register: 860-456-2178 www.millmuseum.org

Meditation: Willimantic Mindfulness Sangha Meditation, 7:00p.m. - 8:30p.m. (See 8/5)

August 27, Sunday

Walking & Politics: WAPA Walkers, 8:00a.m. - 9:00a.m. (See 8/6)

Hiking: Long Distance Guided Hike, 12:00p.m. - 3:00p.m. (See 8/6)

August 30, Wednesday

Skill Share: Knitting Group, 12:00p.m. - 3:00p.m. (See 8/2)

Kids: Nature's Alphabet Series: What's at the Pond?, 1:00p.m. - 2:30p.m. (See 8/2)

Skill Share: Djembe Drumming Lessons, 7:00p.m. - 9:00p.m. (See 8/2)



Stafford Springs New Construction! Senior Residential Apartment Complex Currently Accepting Applications

REDI Property Management, LLC is currently accepting applications for the newly constructed Woodland Springs apartments in Stafford, Connecticut. Woodland Springs is a beautiful residential community developed to offer gracious and private living for adults sixty-two years of age and older or with disabilities. Woodland Springs is located in Stafford Springs in a beautiful country setting and next door to the Big Y Shopping Complex. The brand-new construction has a total of 79 units – 30 ranch style duplex cottages and 49 units located in our two 2-story buildings. Amenities include a living room-dining room combination, kitchen, fridge/stove/dishwasher included, one bedroom, one bathroom with roll-in shower, call-for-aid, stackable washer and dryer hook-up, and elevators in the two large buildings. Living at Woodland Springs will also entitle you to use of our large community rooms for social gatherings, meetings and your own private parties. We also offer free on-site parking, secure entry into the buildings and coin-operated laundry facilities. Come see why Woodland Springs adds a unique dimension to senior living in this beautiful community.

For leasing information,
Please call the leasing office at
860-698-2455

Advertise in
The Neighbors Paper
A little paper,
big on community.



"Equal Housing Opportunity Statement: We are pledged to the letter and spirit of U.S. policy for the achievement of equal housing opportunity throughout the Nation. We encourage and support an affirmative advertising and marketing program in which there are no barriers to obtaining housing because of race, color, religion, sex, handicap, familial status, or national origin."

