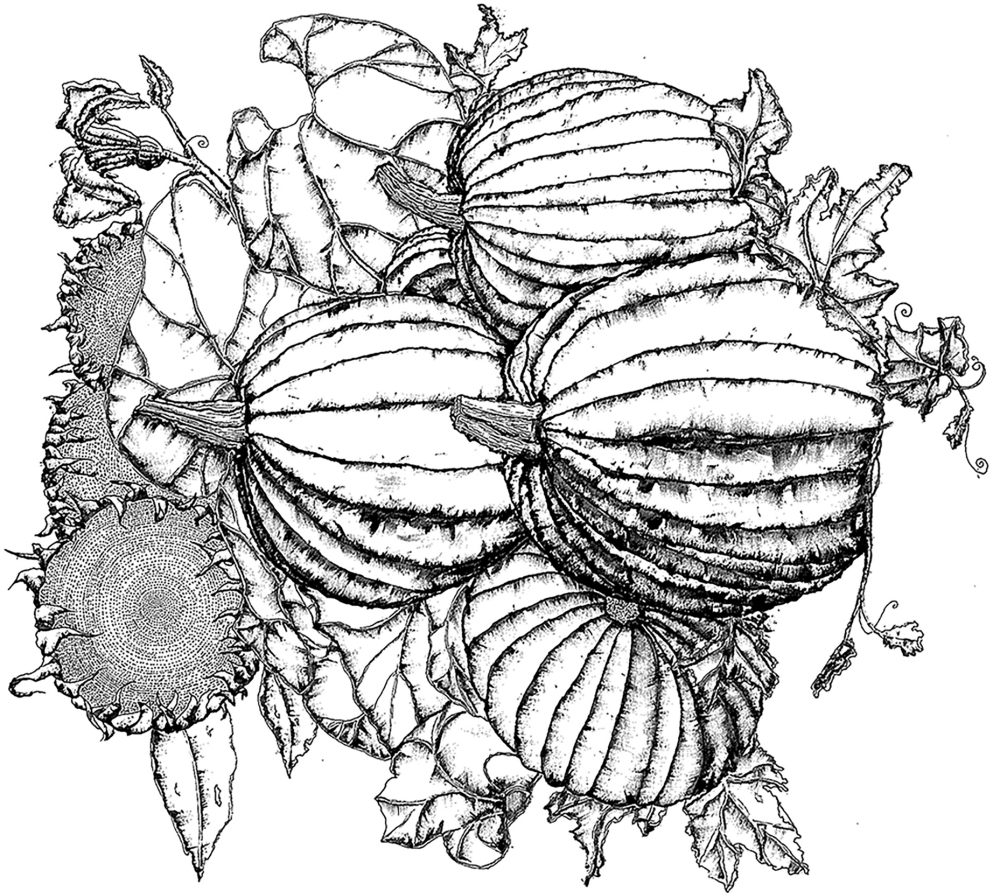


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September 2017

A little paper big on community

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Neighbors

No. 151 Serving the inhabitants and environment of northeastern Connecticut and beyond



It's country fair time in New England. This photo was taken at this year's Brooklyn Fair by Dennis Pierce.



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8.17.17 Maya Sheiber of the Thread City Classical Dance Troupe at Willimantic's 3rd Thursday Streetfest.
Pete Polomski photo.

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The Neighbors Paper
Black and white
And read all over!



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ACOUSTIC ARTIST SERIES
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ERIC LEE
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INDIE

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"TRIO OF LIBERTY"**
Sept 30th | 7:30pm

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- 10/01: FALL "FIRST SUNDAY AT THE MILL WORKS" (COMMUNITY)
- 10/11: TALENT SHOWCASE (SHARE YOUR TALENT - CALL TO SIGN UP)
- 10/13: BOB MALONE IN CONCERT (ROCK / BLUES / R&B)
- 10/14: GREG ABATE QUARTET (JAZZ)
- 10/19: EC-CHAP INFORMATION EXCHANGE MEETING
- 10/20: FILM SHOWING: A GREAT DAY IN HARLEM / THE SPITBALL STORY (NR)
- 10/21: WRITING WORKSHOP ~ FELIX GIORDANO, SESSION 1 OF 6 (10AM-12PM)
- 10/21: AN EVENING WITH JACQUI NAYLOR (JAZZ)
- 10/28: WRITING WORKSHOP ~ FELIX GIORDANO, SESSION 2 OF 6 (10AM-12PM)
- 10/28: KRIS ADAMS IN CONCERT (JAZZ)

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Bob Grindle, John Murphy, Dagmar Noll, Dennis Pierce,
Mark Svetz, P.K. Willey, Steve Woron, Tom Woron,
Loretta Wrobel

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

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

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

Neighbors is printed by Rare Reminder in Rocky Hill,
Connecticut.

Head In the Sand

By Loretta Wrobel

After the 2016 election in America, I have learned to accept the reality that unpredictable and previously unbelievable events are commonplace in our Country. Just when I have totally digested the surreal quality of life in America in 2017, I am struck dumb by this flabbergasting revelation: We are soon to face a shortage of SAND!



I was perusing my August edition of the periodical Hightower Lowdown and read about the massive amounts of sand required by our ever-expanding cities. Skyscrapers are mostly made of sand, as are shopping malls, parking garages, and office towers. Need I go on? Construction uses concrete. Concrete is a hard, compacted material, mainly of sand, and mixed with gravel, water, and cement. I never thought about what our Country’s urban centers use as they continue to fashion towering cities. When you add all the highways, tunnels, subways, airport runways that are mostly comprised of sand, you begin to understand the vast amount of sand required for today’s world.

I can tolerate that all these structures, homes and foundations are a necessity, as we are a civilized people. What floored me was the amount of sand brought to the beaches. Yes, importing sand to a beach! Doesn’t this sound like selling bicycles to fish? Wealthy beach front property owners and corporate developers build on the fragile shore. When nature (wind and water) shifts and erodes the shoreline, the moneyed elite demand that it be replaced. Our tax dollars fund state and federal governments so that inland sands are transported to those beach fronts or dredged from the sea for beach replacement.

Another heavy glutton for sand consumption is fracking. Halliburton and other large big oil and gas companies now are drilling down nearly two miles to extract fuel trapped in rock formations. These operations can use ten million pounds of sand each, blasted into a well. And as our technology increases, the wells have greater capacity to drill deeper, therefore the amount of sand used increases. Sand volume has tripled in the last five years as fracking bores further into our earth. A Houston energy investment bank predicts the United States will double the volume of sand used in 2014 by the end of 2018.

As this scale of use increases so rapidly, what will happen? Today humans are using more sand than any other natural resource except water. We are running out of usable sand. Desert sand is too small and rounded to make concrete and asphalt. As the demand rises, along with the profits, we will face a sand scarcity. Mother nature cannot keep up with the insatiable need for more!

Often the extraction of all this sand takes place hidden from view on remote islands, isolated lakes and rivers, in forests and jungles and in areas of subsistence

Letters and Emails

Dear Editor-

In the May issue I wrote an article about Connecticut’s defective voter registration system and how easily illegal aliens could register to vote by mailing in CT Form ED-671 S and swearing to be a citizen. I specifically pointed out that the warning on the form about false swearing being punishable by up to \$5000 fine and 5 years imprisonment was inadequate to stop fraudulent registration, and gave reasons it was inadequate. I mailed a copy to Secretary of State Denise Merrill, asking if she had any response, and what procedures she has in place to verify the citizenship status of persons using the mail in form.

Here is her answer :

“Thank you for your letter. The mail-in voter registration form has always included language warning the registrant that providing false information is punishable up to 5 years in jail or \$5000 fine. I have highlighted the enclosed copy for you.”

She doesn’t seem to realize that I myself pointed out to her the warning on the form, thus there was no need for her to send me the form, and even highlight the warning. It’s obvious she doesn’t understand the article, or feel it necessary to respond to my questions. I think her letter is indicative of her utter disregard of the needs for security in our voter registration system and utter contempt for an ordinary citizen who dares to question her. It’s time for a change in the political power structure in this state.

Chuck Morgan

farms and fishing villages. The costs of extraction are huge--economy, environment, health and aesthetics. All over the world, rivers, estuaries and islands are being stripped of sand, causing environmental devastation, as the profits mount up for the sand scoopers. Our clean water and air are being polluted as the sand profiteers cart away this resource without any concern for the impact on the environment and/or the people who reside in the area.

We need to get “our heads in the sand” and start devising ways to conserve and preserve this vital natural resource. Sand is not an infinite resource. Nature creates sand at a more relaxed pace than we are presently consuming it. Our planet has a complex ecology based on a balance of essential resources. One of these resources is sand. We do not have an unlimited amount of sand, and we need to pay attention to how this valuable resource is being plundered for the needs of a few at the expense of many.

One hopeful possibility is the use of bamboo. Bamboo is a great construction material, as it is tougher to pull apart than steel, is flexible and grows quickly. The bamboo can be harvested without killing the plant which makes it more sustainable. Bamboo has some drawbacks, but that doesn’t mean we shouldn’t experiment with this cheaper and more sustainable material. When compared to traditional construction techniques, bamboo use could lower the carbon footprint by ninety percent. It seems that fact alone could be enough to encourage builders out of sand and into other materials like bamboo.

It is so hard to keep up with all the misuse of our natural resources. One issue is the lack of transparency. Who knew that sand was being devoured and pulled from the earth at such a reckless pace and with no concern for the damage done? Businesses have been stealing sand from beaches, transporting it to their factories to be washed, grated and dried. Next, it is loaded on trucks to be shipped to a bagging operation. After bagging, it is sold back to us at immense profit for the corporation.

Chillingly, I wonder if sand could become the next precious resource to face extinction. By keeping informed, putting our heads in the sand (plus thoughts + energy +money), and using more diverse construction materials, we can avert this potential threat. If we operate for the benefit of the whole planet and are proactive, we can conserve this natural resource. Rather than kicking up sand, we need to insure our sand is used in a sustainable fashion. Fracking must go, and transporting sand from miles away (in some cases across oceans) to rapidly eroding beaches, is throwing both money and a precious resource to the wind.

We need to expand our awareness and stand up for sand. Say no to fracking! Stop relocation of sand! Stop illegal transport of sand!

Website for Hightower Lowdown is<www.hightowerlowdown.org>

Arts in the Park Festival

Submitted by Ruth O’Neil

The Coventry Arts Guild will hold its 2nd Annual Arts in the Park Festival on Saturday, September 9, 2017. The event will be held at Patriots Park in Coventry and will run from 10 A.M. to 4 P.M. The day will showcase area visual, literary and performing artists. An Arts Guild Member exhibit will be open at the Community Center. Performances in the park bandshell include the Can-Dance studio and the Song-a-Day Music Center as well as local artists RJ, LugNaut and Dulcimers and More. Artists Aline Hoffman will demonstrate the art of pyrography; Richard White, portrait drawing; Kathy Lepak, calligraphy; and Irina Trzaskos, watercolor. A special children’s corner will offer a variety of hands on arts projects including collage and mask making. Visitors and community members are invited to take part in the painting of a large group mural highlighting town landmarks. Food and beverages will be available for purchase. The event is free and open to the public. Artisans and crafters will be set in the park and will have their wares for sale. Donations to benefit the Coventry Arts Guild are accepted.

Arts in the Park is organized and sponsored by the Coventry Arts Guild. The Guild seeks new members who will benefit by associating with area artists, preferred participation in guild activities as well as inclusion in an artist directory. The upcoming Arts in the Park is meant to encourage community membership as well as bring recognition to Guild and area artists.

For more information on the Arts in the Park go to festival@coventryartsguild.org or call 860-377-1338 or visit the Coventry Arts Guild Facebook page.

For more information on the becoming a member of the Coventry Arts Guild, visit www.coventryartsguild.org



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Nature Events in the Hill Section of Willimantic

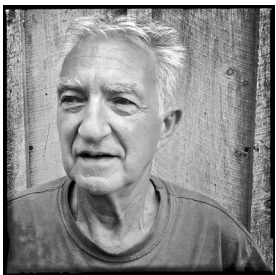
By David Corsini

Even though we live on a .2 acre parcel in the hill section of Willimantic, there is considerable wildlife activity. The spring and summer of 2017 could be called the time of the robins. This year there were three robin nests on the property and three others just yards from our border. In March, a pair of robins built a nest in a rhododendron bush in the front yard, near to the steps to our front door. I thought the nest was too exposed and one in the same location the previous year had not been successful. Were these the same robins being stupid again or was this nest just practice- a trial run, so to speak? I watched a robin on and off this nest for many days and assumed it was a female laying eggs. One day, because we were having company, I mowed the lawn near the nest. After this mowing, I didn’t see a robin on the nest. I checked the nest and found it contained five eggs.

Why had it been abandoned? Had it been disturbed by the mowing or the activity at the front door? In my experience, I have found robins to put up with more disturbance than this. Or had the male come and seen the five eggs and said: “I told you not more than three!” Or had the couple looked at the five eggs and then each other and said: “What were we thinking?” While this nest was abandoned, we soon saw two pairs of robins making nests. One was in another rhododendron bush about 15 feet into the property next door and the other was well hidden in the wisteria vine by our carport.

We could monitor the nest in the low rhododendron on our neighbor’s property through our kitchen window. Talk about the tribulations of Job. Soon after the robins started sitting on eggs, house painters came. They put up ladders right through the bush with the nest and worked in the area while the robins flew around in panic. But they did not abandon. Next, the nest was attacked by squirrels. The robins went crazy and physically attacked the squirrels pulling out clumps of fur. Then a blue jay flew near the nest and the pair of robins drove it off. The previous year a crow had taken baby robins from a nest in this same location. We thought for sure the nest had been unsuccessful, but, after these events, we saw robins going into the bush with food in their beaks.

I was careful when mowing the grass near the nest in the wisteria and left some grass unmowed. This nest successfully fledged three babies. Two disappeared but one remained in the yard while being fed by parents. After a few days this baby was not responding well. It stayed out in the open and did not try to feed itself. One morning we found it dead. There was no autopsy.



A fourth nest was eight feet up in a cherry tree in our yard. I frequently made eye contact with the sitting robin. Even though I mowed around the tree, everything went well. The fifth nest was in a forsythia bush beside our driveway and this nest was also successful.

Another interesting thing about robins this year was how regularly they came to eat blueberries we put out on our deck. In previous summers we had put out blueberries primarily for catbirds. We would then see an occasional robin sneak in to take a berry. But this year was a whole different story. Throughout July robins were eating us out of house and home when it came to blueberries. The robins would be on the railing in the morning, peering in as if saying: “And so?” They came and went all day, as long as we kept blueberries in the tray. Catbirds also came for the berries but were deferential to the robins. Often it seemed like a robin and catbird were going around together and taking turns at the tray. Robins were not the neatest of diners. Often they would stab at a berry several times as if tasting it. If the berry passed muster, the robin either ate it directly or mashed it and took it away. More than once a robin would swallow one berry and then mash another one for the road.

What surprised us the most about the robins was how tame they became. They had no problem coming to the feeding dish on the railing when we were eating supper on the deck only six feet away and even came when we were sitting only four feet away. While robins and catbirds were the primary blueberry consumers, in June, a red-bellied woodpecker was a regular visitor and throughout the summer cardinals came occasionally. House sparrows frequently came to see what was going on as did squirrels. Sparrows did not eat berries but squirrels ate many. Because we like squirrels, that was ok with us.

One morning in July, as I was cleaning up the breakfast dishes, I heard a thump coming from the glass door to the deck. This is never a good noise to hear. I went and saw a small feather on the glass and an immature oriole lying on the deck, but still moving. Immediately, I put the oriole in a shoebox hoping for the best. I didn’t hear any movement in the box, but 45 minutes later, I opened the box outside. Happily, the oriole flew off and up into a hickory. In my experience, if a bird who has hit a window is still alive, giving it time in a darkened space allows it to recover about 60% of the time.

Other wildlife events have happened inside our natural gas grill. In late July, before turning on the burners, I opened the grill to make sure I had cleaned it after the previous use. There sat a mouse. The mouse had not been invited to dinner and I am pretty sure that it was not interested in being dinner. It escaped out the back. Because of the mouse experience, the next time I used the grill I opened it before lighting it. This time the grill also was



inhabited, but it wasn’t a mouse. It was a grey tree frog no bigger than my thumbnail. It was sitting on the warming shelf above the main grate, but it surely would have been cooked. I managed to maneuver the little guy onto a stick and transported it 35 yards away to a wild part of the yard. It hopped off the stick and disappeared. I used the grill. The next morning, as I passed the grill on my way to make a delivery to the trash can, in curiosity, I opened the lid of the grill. And there sat the frog. It was also there on the third day; gone in the morning of the fourth day, but back in the afternoon; then it was gone. We have put out an All Points Bulletin. The frog is not armed or dangerous but we would like to know that it is safe. I have no hypothesis about why the frog found the inside of the grill a pleasant place to hang out but we enjoyed the experience of looking for it.

We have a small water lily and goldfish pond in the back yard. Three large and many smaller goldfish made it through the winter. In May a frog arrived and stayed for the summer. It is a Green Frog and not just a frog that is green. The frog was quite vocal and we heard it calling on most days and it made us happy to hear it. In the second week of August a second frog was spotted in the pond. I guess it pays to advertise.

Beginning in May we have been observing butterflies in the yard: tiger swallow tails, cabbage butterflies, spring azure, comma butterflies, painted ladies, black swallow tails, mourning cloaks, great- spangled fritillaries, skippers, and some that fly too fast to identify. And in June we were happy to see a monarch. In July and early August we saw other monarchs. Then, in late July, I observed a monarch coming repeatedly to a milkweed patch on the side of our house we kept in hopes of attracting them. As I watched it land on the milkweed, I saw several movements of the abdomen to the leaves. It looked to me like it was laying eggs. I am on the lookout for green, white and black larva and hoping our yard will contribute a few individuals to the monarch migration.

In early August, as Delia and I sit on our deck in the evening, we are beginning to observe migrating tree swallows. The chimney swifts are still around in strong numbers and the two species of vultures are often seen. We are reminded to keep moving. It is a bit early for migrating warblers and nighthawks but we will keep our eyes peeled.

Breaking News: we have Monarch caterpillars!



Lebanon’s Annual Outdoor Antiques Show

Submitted by Grace Sayles

For more than half a century, rain or shine, antique dealers and collectors gather on the Green in Lebanon, CT. Once a common sight in Connecticut towns, outdoor antique shows are now almost gone from the landscape. The show on the Lebanon Green offers a bit of nostalgia for everyone. Now in its 51st year, the Lebanon Historical Society’s Outdoor Antique Show is open 9:00 to 3:00 on Saturday, September 30th 2017.

Up to 80 dealers will offer antiques and high-quality collectibles to buyers who come from around the state and through-out southern New England. The event started in 1966 as a money-making effort to fund Society programs and, eventually, to help pay for the land needed to build a Museum. Today, the Antique Show is still the Historical Society’s largest and most important

fund raising event with proceeds supporting school programs, exhibits and historical presentations.

Some dealers have been participating for many years, but new-to-the-field dealers are added every year. Visitors can expect to find everything from 19th century furniture to vintage tools and from traditional pottery to textiles, glassware and jewelry.

For the \$5 admission fee visitors can spend the day wandering the field, talking with dealers and finding a bargain.

Lunch and snacks are available for purchase all day including home-made chowder, sandwiches as well as grilled burgers and dogs and end it all with a slice of home-made pie! Parking is free and there is no better way to enjoy a fall day!

For more information contact the Lebanon Historical Society 860-642-6579 / museum@historyoflebanon.org or visit us on the web at www.historyoflebanon.org.

Our Community Calendar

Compiled By Dagmar Noll

Editor’s Note: The calendar begins here and winds it way through the pages.

September 1, Friday

Skill Share: Rock & Mineral Basics and Weather Basics, 10:00a.m. - 11:30a.m. Hands-on learning around Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Info: 860-455-9534 Register: 860-455-9534 jasper.sha@ct.gov
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.
Disability Advocacy: Meeting of Quiet Corner Disability Solidarity, 5:30p.m. - 7:00p.m. Q&A with a focus on the disability rights movement. Quester’s Way, East Brook Mall, Mansfield.
Yoga: Sunset Yoga on Horse Barn Hill, 6:30p.m. Free. All skill levels. BYO yoga mat or towel. Horse Barn Hill, UCONN, Storrs. recreation.uconn.edu

September 2, Saturday

Community Food: Willimantic Farmers Market, 8:00a.m. - 12:00p.m. Jillion Square, Willimantic. Info: willimanticfarmersmarket.org
Community Food: Community Picnic & Market Jam, 3:00p.m. - 6:00p.m. A special Storrs Farmers Market at Mansfield Town Hall, 4 S. Eagleville Road, Storrs. Info:

storrsfarmersmarket.org

September 3, Sunday

Walking & Politics: WAPA Walkers, 9:00a.m – 10:00a.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.
Community Food: Ashford Farmers Market, 10:00a.m. - 1:00p.m. Pompey Hollow Park, Rt 44, Ashford.
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
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

September 6, Wednesday

Skill Share: Fishing 101 with C.A.R.E., 6:30p.m. - 7:30p.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

19th Downtown Country Fair

By Susan Beauregard

The Downtown Country Fair has become a popular tradition in Willimantic. It's a free and fun family event for all to attend. Organized by the Willimantic Food Co-op the fair features live music, local food, regional artisans and craftsman and imaginative children's activities.

The Willimantic Downtown Country Fair strives to provide a fun, creative, and environmentally sound event that promotes local skills and craftsmanship.

For those who aren't familiar with the Co-op, it's located on 91 Valley Street in Willimantic. The store carries a full line of grocery items, produce, cheese, juices, grains, spices, vitamins, dairy products, homeopathic remedies and paper goods. Many people shop there because of their wonderful selection of local and organic produce and grocery items. It's also a popular spot to grab a cup of Fair Trade coffee or tea, a locally made sweet treat and sit and chat with friends.

The idea for the Downtown Country Fair came from the Common Ground fair in Maine. Working together, the Co-op, The Northeast Organic Farming Association (NOFA) and the Windham Textile and History Museum held the first fair. Hay bales were used to block off Meadow Street, the Co-op's prior location, and the two parking lots behind the Savings Institute on Main Street were also used. Mill Museum Historian Bev York remembers, "There was line dancing in the street. Music, food, craft booths..." She continues, "Lots of kid(s) relays and activities. Scare crow making."

In 2005 the Co-op was outgrowing its space on Meadow Street and moved to its current space on Valley Street. The Co-op was able to have the fair in its own parking lot keeping the tradition of food, music and kid's activities alive and well. Eventually the fair grew so large that the street had to be shut down.

Since the fair was outgrowing the parking lot and street, in 2016 it was decided that the fair should be held somewhere else. Jillson Square, Willimantic's scenic town green, was the perfect solution. Jillson's vast, open space would easily be able to accommodate the growing list of

vendors and visitors. It was also a very natural choice since the Willimantic Farmer's Market just moved to the square and the Co-op is practically across the street from it. The 2016 The Downtown Country Fair was the biggest and most successful to date.

There were food vendors – Cafe-mantic, Not Only Juice, Maharaja and Connecticut Gourmet. Local crafters and artists including Woodstock Hill Preserves, Station Road Pottery, Jewels Verne, Wild Yonder Soaps, Woodward Greenhouse. Kid's activities and bands Studio 88, My Gay Banjo and DJ Surround Sound.

Many local Non Profit Organizations also come to the Fair - The Windham Hour Exchange, The Windham Textile and History Museum, Green Action and many others. This is a great opportunity to learn more about our town!

The 2017 The Downtown Country Fair is being held on Saturday September 30th. The Fair Committee is working very hard on making this year's event even bigger and better. We hope that you come and join us. Admission is free and parking is free. It's a family friendly, fun event and you may come home with that special unique treasure from a local artisan or discover a new favorite dish from one of our food vendors. Stay the day to stroll and browse the many local and unique businesses on Main Street or stroll on the beautiful Garden on the Bridge.

Please check our website to see this year's music line up which includes Tuesday Saints, Fiesta del Norte, Studio 88.

Are you interested in purchasing a vendor booth? Vendors and not-for-profit groups pay \$10 for a 10x10 space. Only regionally made items are accepted. Food vendors pay \$50 for a 10x10 space, permits are the responsibility of the vendor and the Co-op requests that locally grown produce be used when possible. You can get an application by visiting the Willimantic Food Co-op or by going to the website at www.willimanticfood.coop/events/downtown-country-fair/

Would you like to be involved in the fair and help out? There will be a sign up at the Co-op for volunteers to help the day of the event.

Poetry Reading on Nuclear Impact

Submitted by Karen Warinsky

Poets from New England and around the country will be the featured readers at a special presentation on September 11, 2017. The poets will read their contributions from the first of its kind anthology on modern day warfare and all things nuclear. Published earlier this year. The book is titled *Nuclear Impact: Broken Atoms in Our Hands*, and the reading will be at Ralph's Diner, 148 Grove Street, Worcester, Mass., held during its regular Monday night poetry reading slot from 9 p.m. to 11 p.m.

These works are part of a collection of over 400 poems by 163 international contributors and covers every aspect of the nuclear age from the days of the Manhattan Project to the bombings of Hiroshima and Nagasaki, the Chernobyl disaster, to present day nuclear-related events. Among the New England poets reading will be: Peter Marcus, (author of the book *Dark Square*, and published in *Antioch Review*, *Crab Orchard Review* among others) who is the academic program coordinator at Elms College (Chicopee, MA) and the Accelerated Bachelor's Degree in Psychology Programs at Holyoke Community College and Mount Wachusett Community College; Britt Melewski, a poet based in Brooklyn, New York (works published in *Puerto del Sol*, *Sparkpress* and *Prairie Schooner*); Brittany Mishra, Connecticut resident (*Nuclear Impact*); Kara

Provost, Providence Rhode Island resident and author of the chapbooks *Topless and Nests*, as well as works included in numerous literary magazines (*Connecticut Review*, *Main Street Rag*, *The Newport Review*), and Karen Warinsky, an English teacher at Shepherd Hill Regional High School, (2013 Global Anthology/Montreal International Poetry Contest, poems in *Joy Interrupted*, an anthology on motherhood and loss, and a short story "Decatur Girl," published in the book *Dear Nana*, as well as being featured in the Winter 2018 edition of *The Blue Heron*. Poets Doren Damico (Los Angeles), Susan April (Maryland) and Phil St. Denis Sanchez, (Brooklyn, New York) will also be involved in the reading.

Editor Teresa Mei Chuc, is founder and Editor-in-Chief of *Shabda Press*, a member of *Coast to Coast Poetry Press Collective*. Ms. Chuc was born in Saigon, Vietnam and immigrated to the U.S. under political asylum with her mother and brother shortly after the Vietnam War, while her father, who had served in the Army of the Republic of Vietnam, remained in a Vietcong "re-education" camp for nine years, according to her official webpage. All proceeds from sales will be donated to the Women's Center in Downtown Los Angeles.

Contact Karen Warinsky at (860) 942-6664 or at Karen.warinsky@sbcglobal.net for more information.



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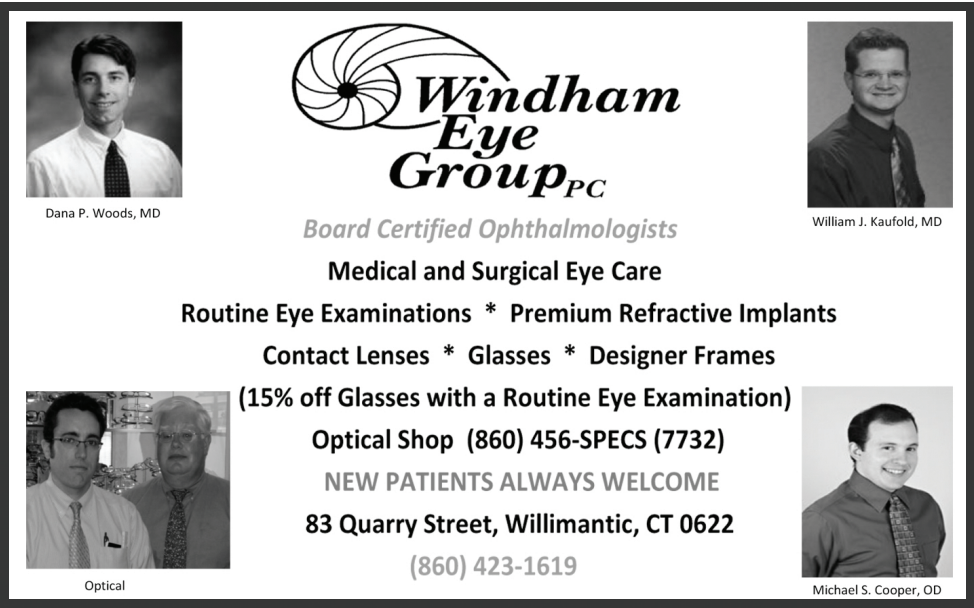
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Fox Meadow Farm in Storrs

By C. Dennis Pierce

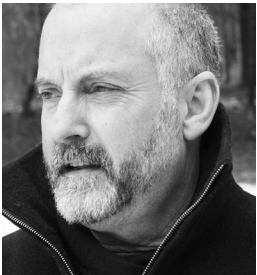
Seems like fall, but summer is still lingering on. Almost like an old friend that is visiting that keeps reminding you that they have to return home. Colder nights have crept up on us and thoughts are entertaining the idea of looking for that extra soft blanket and retiring the air conditioner unit that has been raising our electric bills.

Yes, it is the best time of year for the Quiet Corner of Connecticut. Despite a plague of gypsy moths earlier this summer most gardens fared well offering a great crop of corn, zesty tomatoes and even a plethora of cucumbers. It is this time of the year that I scour the local farmer’s markets for the best deals on these vegetables. You see I grew up withw parents that went through the war and the depression. Victory gardens and canning tomato sauce was the norm.

This is the time were Connecticut Grown is at its peak where vegetables and fruits contain their maximum amounts of nutrients. If you have the time and interest buy an extra dozen ears of corn, shuck the husks and cut the kernels from the cob. Place about 4 servings or more in a zip lock freezer bag and add a tablespoon of sugar. Shake the bag and seal the bag and freeze. Do not blanch or cook the corn ahead of time. Trust me, mid- November or even Thanksgiving dinner it will be as delicious as it is now, eating it right off the cob.

When I first moved to Mansfield I lived on Codfish Falls Road. Traveling towards Route 44, I often past a farm that is adjacent to the intersection. Today, if you pass it you will see a sign advertising Fox Meadow Farm which is located at 973 Middle Turnpike. Curious with what they had to offer I contacted Ed Newmann, owner of the property. Ed and his daughter Karen operate a CSA and a vegetable stand. They also sell at the Spruce Street Farmer’s Market in Manchester. This past Saturday, while enroute to the Brooklyn Fair, I had the opportunity to tour Fox Meadow Farm and talk to Karen Newmann. Karen was a true down-to-earth person, very passionate and eager to tell the story on how the farm came to be. Built on twenty five acres, Ed and his wife purchased the property eight years ago. They had farmed in Connecticut and Pennsylvania and moved to their current location about six years ago. Ed had been farming for about forty years providing fresh vegetables and beef and pork for his family. Now with the current property Ed and his daughter Karen expanded their offerings through a CSA, a stand that sells fresh eggs, opportunities to purchase shares of beef (fifty pound share) and pork (thirty five pound share) all processed through a USDA plant offering a wide array of cuts to please any family. They also offer apples and honey when available.

If you have been looking to join a CSA next year you might want to commit now. Fox Meadow Farm has some slots still open for next year. But don’t wait since their CSA is limited to around thirty members. The farm offers full and half shares. An example of what the farm offers in their CSA program includes: beets, beans, carrots, collards, cucumbers, spinach, zucchini, yellow squash, spaghetti squash, butternut squash, swiss chard, potatoes, tomatoes, salad mix, lettuce, cantaloupe, pumpkins, gourds, radishes, broccoli, cauliflower, peppers, jalapenos, eggplant, red cabbage, green cabbage, kale, turnips, corn, patty pan squash, rhubarb, pac choi, and onions. This past year a fifteen week vegetable share was offered for \$475. This share was suitable for a family of three to four people. Contact information for Fox Meadow Farm is: 860.576.0079 or 717.609.2577. More information can also be found on their Facebook page - <https://www.facebook.com/Foxmeadowfarmstorrs/>



com/Foxmeadowfarmstorrs/ As I was departing from my tour and a visit with the chickens, Ed’s wife caught up with us and offered me some cucumbers to take home. Growing up as a child cucumbers were typically served in my family with vinegar and onions or sliced with onions mixed with sour cream, parsley and fresh dill. Just recently I had the chance to try an appetizer of Thai cucumbers so I thought I would share with you the following recipe.

Asian Sesame Cucumber Salad
Makes 4 servings

Ingredients:
2 cucumbers chilled
2 large carrots
1 teaspoon of Kosher salt
2 tablespoons of rice vinegar
1 tablespoon of lime juice (about half of a lime)
2 to 3 tablespoons of honey
1 teaspoon of sesame oil
1 pinch of red pepper flakes
1 tablespoon of toasted sesame seeds. Place seeds in a

dry pan over low heat. Stir often. Watch closely as they brown quickly. Remove when light brown.
1 scallion sliced in small strips
2 tablespoons of fresh cilantro
Directions:
Slice cucumbers and carrots into thin slices. If you have one of those new spiralizer that cuts vegetables into long noodles use that or you can uses a julienne peeler. Place the cucumbers in a strainer and toss with one teaspoon of kosher salt. Let cucumber drain for about 15 minutes to remove excess water.
In a small bowl whisk together the vinegar, lime juice, honey, sesame oil, red pepper flakes and toasted sesame seeds.
Once cucumber has drained spread cucumbers on a layer of paper towels and gently pat out a much moisture as you can.
Place cucumbers and carrots in a large bowl and toss with 2 to 3 tablespoons of dressing to coat.

Garnish with additional sesame seeds, sliced scallions and fresh cilantro.
Serve immediately

In never amazes me that there are so many opportunities to purchase local agricultural products in the surrounding area. We are truly blessed to have individuals like Ed and Karen who make such a variety of offerings available. So be a local hero and buy locally grown, tear yourself away from the local chain store and seek out those farms, orchards and farmers markets and support your community. As I end this column I will leave your with the words of Francis Moore Lappe, author of the book, Diet For a Small Planet, I had the opportunity to meet Frances while she was on a book tour which was held at the UConn Coop several years ago. Francis captures the true essence of why we should buy local, “Every aspect of our lives is, in a sense, a vote for the kind of world we want to live in.” Truer words have never been spoken. If you have a suggestion or a farm or a local grower you would like featured in a future column drop me a line at Codfish53@Yahoo.com. Peas be with you.

325 Trees/Shrubs Planting Party

By Faith Kenton

Everyone is invited to a tree planting party on Saturday Sept. 16th at Memorial Park, Willimantic. Beginning at 9 am and continuing for as long as it takes, you are invited to bring your shovels, buckets, spades, rakes, and heavy duty gloves to help plant trees.

The 325 Trees/Shrubs Project began as a part of Windham’s 325th Anniversary year. Our goal over two to three years is to plant 325 trees and shrubs of a native habitat type in Willimantic’s public places such as parks, playgrounds, and schoolyards. Since April, we have planted over 50 trees and shrubs, many on the new Greenway river trail off Bridge St, and at the developing White Water Park, also on Bridge St. We will now be updating the plantings at Memorial Park with a variety of native New England trees including white oak – the state tree of Connecticut- , newly developed American elms, sugar maples, and tulip trees.

These trees will be of substantial size, up to 10’ high with a trunk thickness of 3”. The Willimantic Public Works department has offered to dig the large holes needed for tree success. The trees, delivered from Prides Farm, will need many volunteers on Sept 16th to get the trees physically into the holes, water them in, pile appropriate soil into the holes and around the tree base, water again, and then mulch.

Trees of this size are expensive, up to \$300 apiece. The 325 Trees/Shrubs’ main financial supporter so far is the Savings Institute Foundation with a generous grant. Other financial support has come from Channel 3 WFSB-TV’s Twenty Towns in Twenty Days series, the Garden Club of Windham, Potter Funeral Home, Willi-Waste, ECSU, and numerous local citizens all of whom will be listed in a 325 Trees/Shrubs register.

Other trees will cost far less. We have planted a horse chestnut tree donated by a Garden Club member who bought it at a plant sale for \$5 but who had no space for it to grow. We have planted young sugar maples bought for \$22 apiece from the Ct Northeast Conservation District spring sale. We buy stock from local nurseries. We get phone calls from someone offering saplings from their backyards. We happily accept donations of healthy, native species trees/shrubs and have a variety of places to plant them.

Memorial Park, officially Soldiers and Sailors Memorial Park, located on Main St between Watson and Tingley St has a large stone monument with three arches. The three arches in turn are dedicated to war heroes of Willimantic from WW 1, WW11, and Vietnam. Out front on Main and Tingley is a stone boulder dedicated to the National Guard troops of WW 1.

The park itself is prime urban recreational space as well, offering a Little League baseball field, a much-used playground designed for ages Toddler to 12 year olds. Scattered throughout the park are tables and benches, some in the sunshine, some under tree shade.

It is commonly said “Trees are the lungs of a city” sequestering carbon dioxide, removing most air polluting particles, and producing clean pure oxygen. Trees are multi-talented, act as air filters, sponges, humidifiers, heat shields, wind blocks, and carbon sinks according to the non-profit group American Forests spokesperson Gary Moll. An additional function of mature trees is to act as air conditioners and can lower our urban temperatures by 10 degrees. (sfenvironmental.org). The group Friends of the Urban Forest in San Francisco has had a very successful urban tree planting program since 981, counting over 50,000 plantings there including canopy trees, understory trees, and sidewalk plantings. Chicago and Jacksonville have similar stories. The most familiar example of “trees are the lungs of the city” may be Central Park, New York City, created in the 1920’s.

So, with this successful beginning here in Willimantic and Memorial Park refreshed, what’s next? Our eyes turn to planting several new trees at Julia de Burgos Park on Jackson Street for October. A tree or two for the Jillson House. The Textile Museum. More on the Greenway, and White Water Park. Perhaps a school playground that needs some new “lungs”. We will take time off in the winter, plan our spaces and choices for Spring 2018 to continue planting 325 – and more.

How can you help? You can send donations to The Garden Club of Windham, Box 773, Willimantic, Ct. 06226, which will be very happy to paint your name on our Tree of Life canvas for \$100, or the name of someone you wish to honor in memory. You may email phiona8@sbcglobal.net for a full brochure, or call Faith Kenton at 860-456-0817 with a question or suggestion.



Karen Newmann and friend of Fox Meadow Farm.
Dennis Pierce photo.

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Willimantic, Now and Then:

Beyond Capitalism: Let’s Find Some Moral Signposts!

By Mark Svetz

I believe the United State has lost its moral authority in the world. There are many reasons for this but the one I’m thinking about right now is that we have been in violation of our own constitution, which has been the source of our moral vitality since the passage of the first 10 amendments, or the Bill of Rights. The first set of mistakes involved the elevation of a economic theory into a faith-based ideology, making it indistinguishable from a religion. The corporations and their leaders have been elevated by legislation to the status of clerics, saints and martyrs, sacrificing the freedom of our people to their needs.

Capitalism has become the State Religion of the US; money is its God, Wall Street is its temple, and the laws passed by Congress are its tenets. In this way, our country has been in moral conflict, failing to “walk our talk.”

The first Amendment is very simple and quite clear on this subject: Congress shall make no law respecting an establishment of religion, or prohibiting the free exercise thereof...

I think about the Federal Reserve Board, the World Bank, the International Monetary Fund, as well as the US Supreme Court decisions giving corporations the status of people under the law. The most recent travesty was the case known as Citizens United, which gave these corporate “citizens” the right to control our election process through financial contributions. In these instances and others, our government controls the flow of money and in the process, gives huge advantages to the biggest corporations in the world.

I remember reading some years ago how the IMF and the World Bank made a deal with Haiti. The country’s huge debt would not be called in if, among other terms of the deal, leaders agreed to import rice from Texas. As a result, Haitian farmers could no longer grow rice, a staple crop in the country. It turns out, this deal was struck because rice farmers in Texas had a surplus. A few years later, there was a drought in Texas, and no more rice for export. Haiti had no domestic rice, and there was mass starvation.

This is how the US – with its international allies in the Financial Industry – makes laws “with respect to the establishment of religion.” We call it Capitalism, and its followers worship on Wall Street and other financial institutions around the world. The point is that small farmers in Haiti, or New England, for that matter, are sacrificed to the interests of corporate farms.

“Today, virtually no piece of legislation can get passed unless it has the okay from corporate America.”

Senator Bernie Sanders (I-VT)

Corporate farms are continually being favored in treaties, domestic laws and subsidies, at the expense of small farmers around the world. Agriculture is not alone; huge energy companies get “depletion allowances,” another type of subsidy from our government despite record-breaking profits year after year. The taxpayers are called upon to fund the construction of airports, while airlines turn huge profits and continue to spew jet fuel into our atmosphere.

Immediately following the attacks on the World Trade Towers in New York there was a brief period when commercial flights were stopped. In Europe, these few days of reduced flying caused a significant improvement in the air quality. In a related matter, I read a brief article some years ago in the New York Times (back pages, by the way) about a study that found virtually every woman in America had traces of jet fuel in her breast milk. In the meantime,



our government continues to support these polluters with our tax money.

The Affordable Care Act, so much in the news now because many of the Capitalist acolytes in Congress want to repeal it, was in fact a subsidy package for corporate insurance monsters. While the ACA was good for many poor people who now qualify for Medicaid, it forced other not-quite-so-poor people to buy insurance at crippling rates from insurance companies that are among the most profitable corporations in the world.

As I see it, these are all examples of laws made “respecting an establishment of religion,” specifically the unrecognized religion called Capitalism.

Before Bernie Sanders began his recent run for the Presidency, I heard him speak. One statement he made surprised me, not because it was news, but because I never

expected to hear the words from a US Senator: “Today, virtually no piece of legislation can get passed unless it has the okay from corporate America.” What Senator Sanders is saying here, I believe, is that the only business of Congress today is to make laws “respecting an establishment of religion.” This is shameful for our government, with its claims of democratic authority in the world.

Some of us have seen the importance of the local

economy, which I see as part of the ongoing fight for freedom of – or as some say, freedom from – religion. We all have the right to choose our religion, but in the case of Capitalism, our government makes it difficult, if not impossible to choose any other.

When Sarah and I lived in New York, workers at a market on the ground floor of our building were involved in an informational picket. The workers – six or eight of them at a time – were carrying signs alleging violations of minimum wage laws, overtime laws and other laws governing our workplaces. To my knowledge there was never an investigation of these allegations, rather the police showed up and forced the workers to break up their picket line. Our government – local, state and federal – supports Capitalism over human rights pretty much every time.

If we listen to our government and its corporate sponsors, we might think moral righteousness depends on our stock portfolio, our income or the things we purchase. Like Calvinists of a couple centuries ago, we seem to believe our financial success is a sign of our having been “chosen” for a place in Heaven. It seems to me we have to find other ways of judging our own worthiness.

I am not feeling optimistic about the US Congress or any individual who might sit in the White House having the kind of moral vitality to lead this country in another direction. Rather, I think each of us must consult our own moral compass to decide the direction we would have our communities move. Our future and our children’s futures depend on the people regaining some of the moral authority our country has lost.

Bernie Sanders pointed out a serious problem with our democracy. Instead of having corporate leaders give the moral go-ahead for new laws, I might only support proposals my Grandmother would have agreed with. I’m pretty sure I could do worse. Perhaps we should all find some moral guidepost that works for us. They do still exist.

Mark Svetz, now (mostly) retired, has been a journalist, activist, teacher and self-appointed knight errant in Willimantic for the last 45 years. You can read more of Mark’s writing at www.sarahwinterclothworks.com/writing.

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Something to Do in Willimantic

By Delia Berlin

Ahead of this year’s Boom Box Parade, the Willimantic Chronicle published pictures and related comments from local residents. Speaking about the parade, a woman stated that it “gives us something to do because we don’t have much to do in Willimantic.” That assertion struck me as odd and frankly, puzzled me.



My husband and I live in Willimantic and often talk about the abundance of things to do in the area. It’s not unusual for us to have to choose one out of two or three simultaneous activities. I don’t know the woman responsible for the above quote, and I certainly don’t want to deny her feelings or judge her. But how could we have such different experiences and perceptions?

The first thing that came to mind was money. While we are not wealthy, we can take advantage of some amenities that are not free. We enjoy meals at our good local restaurants, attend performances at the Burton Leavitt Theater, go to concerts and enjoy fundraising dances. This entertainment is not a huge expense, but it requires a discretionary budget that not everyone has. But soon I realized that a lot of what we do in Willimantic is completely free. While some of these activities may not be appropriate for all, I’m sure they offer something for everyone. Since we have lived in this community for a long time, subscribe to the Chronicle, and remain active, perhaps we take for granted a lot of information. Many may be unaware of this wealth of free entertainment that Willimantic has to offer. So, this will be the focus of this article. I will strictly limit myself to free activities within the city of Willimantic, in just a few categories.

Music:

There are so many excellent free concerts in Willimantic that a complete list is not feasible. To illustrate the point, just during the Spring 2017 semester, more than 30 were held at the ECSU Fine Arts Instructional Center (FAIC) Concert Hall. These included concerts from the Willimantic Orchestra, Eastern Wind Ensemble, Eastern Concert Chorale, Eastern Opera Workshop, Percussion Ensemble, Chamber Ensemble, West Hartford Symphony Orchestra, Hartford Independent Chamber Orchestra, Eastern Concert Band, and Eastern Jazz Ensemble. There are many other free concerts. For example, during Victorian Days in Willimantic, a Classic Brass Band Concert was offered at the First Congregational Church. Also, multiple rock and folk music bands play every third Thursday from May through September on Main Street, as part of the Third Thursday Street Festivals, from 6 to 9 pm.

Art:

Free art exhibits, talks, receptions and gallery openings are also too many to list, but here are examples of some venues. The Art Gallery at the ECSU FAIC, the Kerri Gallery on Main Street, and the former Lily Pad at 34 North Street have wonderful shows and opening receptions several times a year. The Windham Regional Arts Council has a fantastic Member Art Show at the Art Space Gallery every June, as well as smaller shows at Windham Hospital. Willimantic is an active artists’ community and local art can also be seen at restaurants, medical waiting rooms, outdoor murals and installations. In addition, during Artists’ Open Studio weekends in November and December, area artists open their studios to the public for viewings and tours. This year, six artists’ studios will be open in Willimantic.

Libraries:

The Willimantic Public Library and the ECSU Library offer free access to Willimantic residents. In addition to the obvious borrowing of books, DVDs, and CDs, libraries offer things that people may not realize. Did you know that at our public library you can also borrow puzzles, puppets, cake pans, toys, and day passes for many parks and museums? The library also offers events, such as author talks, writing workshops, children’s activities, and art exhibits. If you have nothing to do, please go to the library and see what you are missing!

Star Shows:

It may be a well-kept secret, but ECSU is home to the Robert K. Wickware Planetarium. Five or six fascinating star shows are offered each year. Topics vary and due to limited seating, reservations are essential. Not surprisingly, there is usually a full house.

Festivals and Fairs:

In addition to the iconic Third Thursday Street Fest, we have the Willimantic Food Co-op Downtown Fair,

River Fest, the Chocolate Festival, Trick-or-Treat on Main Street, and Victorian Days in Willimantic. Each one offers multiple types of free entertainment for all ages. Not quite a fair or a festival, but with a fair’s ambiance and festive in its own way, is the Willimantic Farmers’ Market. Open every Saturday at Jillson Square, from 8 to noon during the summer months, it offers vegetables, fruits, plants, eggs, breads, pastries, organic meats, cut flowers, honey, homespun yarns, and occasionally, arts and crafts. The browsing is free and the goods priced lower than at supermarkets.

Outdoors:

If you like to hike or bike, many trails are available in town. Examples are the Veteran’s Memorial Greenway and the Willimantic River Trail. The grounds of ECSU also offer miles of pleasant, traffic free, safe and well-lit paths to walk year-round. There is also The Last Green Valley’s Walktober, a month-long series of organized walks and events highlighting the history and beauty of the National Heritage Corridor. Free Willimantic guided walks and events are included each year. Last year’s Walktober included four of these, focusing on bridges, cemeteries, art and history. Hikes also provide opportunity to observe nature, an activity that never disappoints and always offers something new.

Few people think of small cities as birding hotspots. Willimantic, however, is one of the fortunate towns welcoming chimney swifts each year. These fascinating birds use industrial era chimneys to breed and roost in large numbers. These swifts, also called “flying cigars” for their shape, arrive around May 1st and leave by the end of August. During their time here, they eat literally tons of insects. During Chimney Swift Conservation Night, you can catch a free guided tour and lecture by state ornithologists, starting at dusk from the Main Street Café. That is free, but if you get thirsty, you can buy a pint of Flying Cigar Ale at the Main Street, brewed to benefit chimney swift conservation. And if you miss this particular event, don’t worry. The swifts continue to roost in the Town Hall chimney every night until their migration south. All you have to do is sit on the steps of the pub on High Street at dusk and look up. By last light, you will have witnessed over 1,000 swifts diving into their communal roost.

Many other birds take advantage of our ecosystem. Trees, the Willimantic river, and urban gardens, offer habitat to dwellers and passers-by. From our own Willimantic house, besides the most common species, we have seen ten different species of warblers, bald eagles, orioles, rose-breasted grosbeaks, ruby-throated hummingbirds, kingbirds and pileated woodpeckers. We regularly see four different species of hawks, who occasionally hunt in our bird feeding areas. And you may know that Willimantic is nicknamed “Vulturetown” due to the abundance of both black and turkey vultures, who efficiently clean streets of roadkill.

The Garden Club of Windham takes special care to assure availability of native plants for birds and pollinators around town. Their gardens are also planned to provide shelter and water to wildlife. This club can always use more volunteers and... guess what? That’s free! But I won’t even get started with volunteering. Let me just say that meaningful opportunities abound.

Not being a sports connoisseur or aficionado, I’m not going to address opportunities to watch free games at Rec Park or ECSU, except as an excuse to mention the reliable fall spectacle of migrating nighthawks. If you find yourself at a game on a late summer evening, look at the light posts. You should see these birds hunting insects attracted to light. Even without binoculars, you can identify them easily by their bow shape and white wing bars.

Mammals also abound in our city. Besides grey and red squirrels, we have spotted cotton-tail rabbits, red and grey fox, racoons, skunks, opossum, coyote, and even a stray deer. Fortunately, black bears are rare, but they have been found in town more than once. Mammals provide the ingredients for another free winter activity: snow tracking. No reference to Willimantic fauna should leave out frogs. I’m not well-versed in our urban frog population, but I can tell you that we have a garden pond with water lilies and goldfish, and that every year this has attracted a green frog. We don’t know if we host the same frog each summer or a different one, but a friend of mine has named him Dizzy, after Dizzy Gillespie, based on his vocal prowess. From our yard, we have also heard spring peepers and grey tree frogs.

Other Stuff:

Almost no week goes by without some special forum, lecture or performance in town. The Windham Rec Department offers many free activities, such as Movies Under the Stars at Lauter Park, or Magic in the Park, during the summer at Memorial Park. During semesters at Eastern,

the Student Center shows big screen movies at least twice a week; technically, they are for students, but plenty of free seats are always available to whomever shows first. There are also many clubs, churches and organizations to do things with others of similar interests. Whether you like to sew, knit, read mysteries, sing, dance or pound nails, there is a group you can join for company. If you don’t know where to start, get a copy of *Neighbors* and check the calendar listings. Wouldn’t you know it... it’s also free!

Hampton Does It Again!

By Roger Burten

Here’s an easy question for you: What do “Star Wars”, “The Godfather”, and “Fast and Furious” have in common, besides the fact that they are all movies? The secret envelope is opened and the answer is,,,,,(hear the drum roll),,,,they all have had very popular sequels to the original. Here’s a harder question: What does all that have to do with the quaint and quiet little village of Hampton, CT, located near the center of what the Connecticut Chamber of Commerce calls “The Last Green Valley”? There’s going to be a sequel!,,,,,,,,,,,,,,,,,,,,,to last year’s super successful “First Annual Hampton Fall Festival”. Despite inclement weather, a great crowd came out to enjoy the BBQ and bakery goodies (YUM!), buy books, explore vendor and tag sale offerings and enjoy the lively music.

This year’s “Hampton Fall Festival” on Saturday, September 30th, will be even more spectacular, with additional events, activities, demonstrations and good times. For the extra active, the Hampton Runaround, a 5K Fun Run through Hampton and Goodwin Forest, starts at 10 a.m., with registration beginning at 9:00 at the Community Center, next to the Town Hall. The day ends with a country-dance for all ages beginning at 2:30 at the Community Center. Activities at Hampton Town Hall run from 9-3. Activities at the Hampton Community Center run to 3:30. Young folks and those of us who think young will enjoy a variety of exhibits, activities, and demonstrations:

Tag Sale/Vendors	50/50Raffle
Book/bake sale	
Agriculture contests	Pumpkin painting
Photo contest	
Cub Scout camp	Boy Scout Rope Bridge
Potters wheel demo	
Post and Beam demo	Fire Dept. car rescue demo
Artist Showcase	
Hayrides	BBQ (YUM!)
	More fun stuff!

Of Special Note:

-Live folk and bluegrass music by several bands from 10:30-1:30.
-Pumpkin painting, and childrens games 10-12. -Hayrides all day!
-Car rescue demo by the Fire Dept. at 1:00 pm.
-Post and Beam demo by Jamie and Pat Boss at 1:30 - 3.
-Hampton Artists Showcase to be held at the Community Center 9-3:30.
-Family Country Dancing with fiddler, keyboardist and professional caller at Community Center 2:30 -3:30. Bring your dancin’ shoes!
-Hampton Fall Festival Amateur Photo Contest: Nature/ agriculture theme. Entry Fee only \$15. Terrific 1st, 2nd, 3rd Place Prizes!

Contact Anne at hamptonfallfest@gmail.com or 860-455-9979 for further info.

Go to www.Hamptonct.org for uptotheminute schedule of events, and vendor, tag sale and photo contest registration forms.

We’ll see you walking down The Red Carpet at the “screening” of the “Annual Hampton Fall Festival” sequel! BYOP (bring your own popcorn!)

View all issues of Neighbors from January 2016 to present in COLOR on our website: neighborspaper.com You will also find advertising and circulation information.

Once Upon a Time When the Sun Went Out

By Bob Grindle

My wife hates it when I give away my age, but several years ago, while serving in the United States Air Force I had occasion to be stationed briefly at Elmendorf Airbase near Anchorage, Alaska. It was a brief supply and training mission during the last 2 weeks of July, 1963. As a newly minted airborne radar technician, I was assigned to the 62nd MATS squadron at McChord Air Force Base in Tacoma, Washington, and I volunteered to accompany a team flying C-124’s (known somewhat affectionately to their crews as “Old Shakey”) to the rather new state of Alaska, where we were bringing heavy roadbuilding equipment. There was a lot of road building going on in Alaska then, trying to catch up to the lower 48.

A total solar eclipse was about to unfold on July 20th, 1963, a couple of hours drive north of Anchorage, and a few of us new arrivals thought it would make for a great adventure to drive the hundred and twenty or so miles over what was said to be a very challenging road skirting the Talkeetna Mountains. Chuck, a native Alaskan and fellow airman on permanent assignment to Elmendorf Airbase, had a 1949 Ford and was enthusiastic about making the trip. The 20th was a Saturday, and eclipse totality was going to be around noon, central Alaska Time. Six of us crowded into the Ford and headed for Talkeetna as soon as I finished my 3rd-shift assignment a little after 7 o’clock on Saturday morning. The day was gorgeous. This was going to be great.

That turned out to be perhaps the longest 120-mile drive of my not quite twenty-year life to that point. We finally arrived in Talkeetna just before noon—yes, almost 5 hours: after getting stuck in glacial runoff mud despite no rain for months; after using all of our drinking water to keep the old Ford from overheating; after getting detoured onto a logging road that switched back and forth like a mountain trail to avoid the endless swampy bottomland near the Susitna River and needing to keep the windows up during much of the trip because of more biting insects than any of us but Chuck had ever seen.

We arrived in Talkeetna, a tiny town of 700 or so that had quintupled in size with the influx of a couple thousand or so astronomers who were single-mindedly about the business of documenting the rare event, at almost the moment of totality. We knew enough to not look directly at the eclipse except during the minute and a half plus of totality, but none us had brought filters to watch as the Moon passed in front of the Sun. Quite frankly though, the atmosphere of the moment was so other-worldly that simply being there seemed worth the trip. It never really got dark as night...there was simply an eerie and amazing kaleidoscope of blues from horizon to horizon. The playground of the local school, where a lot of the visitors to town had set up, was well signed in anticipation of the event and that’s where the six of us wound up. There was a lot of chatter and exclamations of ‘oh my God’ as the Moon shadow made it possible to see the solar flares, prominences and corona.

Chuck suggested that Alaskans get so used to auroras, endless daylight during the summer and almost endless twilight during the winter that, while a total eclipse is certainly worth noting, they might not feel the same ‘oh my God’ as the rest of us. We didn’t stay in Talkeetna for long, knowing that the drive back would likely be as tough and that darkness—or rather, twilight—would not set in till

September 8, Friday

Skill Share: Goodwin Topography & Phragmites: An Invasive Species, 10:00a.m. - 11:30a.m. Learn how to read topographic maps and how to spot Phragmites. Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Info: 860-455-9534 Register: 860-455-9534 jasper.sha@ct.gov
Rally: We the People Weekly Rally, 5:00p.m. - 6:00p.m. (See 9/1)

September 9, Saturday

Community Food: Willimantic Farmers Market, 8:00a.m. - 12:00p.m. (See 9/2)
Books: Friends of the Willington Library Book Sale, 8:00a.m. - 2:00p.m. Fundraiser for the Willington Public Library at 7 Ruby Rd, Willington
Books: Friends of Mansfield Library Book Sale, 9:00a.m. - 4:00p.m. Fundraiser for the Mansfield Public Library at 54 Warrenville Rd, Mansfield.
Nature: The Family Life of Pileated Woodpeckers, 10:00a.m. - 12:00p.m. Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Info: 860-455-9534 Register: 860-455-9534 jasper.sha@ct.gov
Nature: A Day in the Life of a Connecticut Environmental Conservation Police Offices, 1:00p.m. - 2:00p.m. Goodwin



NASA image of a full autumn moon.

almost midnight. We got something to eat, drank a couple beers, and headed back to the air base, thinking this would be the big event of the year. Little did we know how eventful 1963 was still to become, with MLK’s “I have a dream” speech and the president’s Dallas trip yet to unfold.

...But back to 2017. Shortly after the Sun sets on September 1st, about 8:15, look to the West-Southwest and that bright star low above the horizon is not a star at all, it’s Jupiter. Right below Jupiter is Spica, the sheave of wheat in the hand of Virgo. September’s full Moon comes early this month, the 6th, to be exact, and will simply be the Corn Moon. The Harvest Moon title goes to that full Moon closest to the autumn equinox and this year that is the October 5th full Moon. As a kid growing up in Indiana, there actually were farmers who worked into the night of the full moons of autumn; harvesting corn, soybeans or hay or whatever—weather-permitting, of course. As a kid growing up anywhere, though, there is an excitement to the wondrous light of a full moon night. It is as if the tidal pull of the Moon affects so much more than the oceans of Earth and also tugs at the collective mass of life on Earth in all its forms. I don’t believe in magic, but I do believe in that magical feeling that comes from watching the gradual spread of darkness and the Moon rising and the stars and planets seeming to pop up out of nowhere. I felt it way back when, and I feel it still, as a much older kid.

By the 10th and 11th of the month, an hour before sunrise (5:30 or so), Orion returns. Looking south, high in the sky, the waning Moon passes between the brilliant stars of the constellation Orion below and Taurus above. The bright and slightly reddish star almost touching the gibbous Moon of the morning of September 12th is Aldebaran, a massive red giant of a star more than 425 times as bright as our Sun. By the early morning of September 16th, an hour before dawn, the final sliver of waning September Moon, brilliant Venus, the heart of the Lion (Leo)—Regulus, and Mercury just above Mars will form a line from upper right to lower center of the eastern sky. And finally, near the end of the month, on the evening of September 26th a little after sunset, say 7:45, a very bright Saturn will hang just below the now waxing Moon. As luck would have it, Saturn is tilted to make its rings more open to viewing that in the last 15 years.

Bob Grindle is a Windham Hospital Retiree who recently graduated from ECSU, concentrating in Astronomy.

Forest Conservation Education Center, 23 Potter Road, Hampton. Info: 860-455-9534 Register: 860-455-9534 jasper.sha@ct.gov
Block Party: Chaos & Joy, 3:00p.m. - 8:00p.m. Music, art & food. Riverside Drive, Willimantic.
Community Food: Storrs Farmers Market, 3:00p.m. - 6:00p.m. Mansfield Town Hall, 4 S. Eagleville Road, Storrs. Info: storrsfarmersmarket.org
Live Performance: The Presuminati: Ed Smith & Friends, 7:00p.m. \$10.00. The Packing House, 156 River Road, Willington. Info: www.thepackinghouse.us

September 10, Sunday

Walking & Politics: WAPA Walkers, 9:00a.m – 10:00a.m. (See 9/3)
Books: Friends of Mansfield Library Book Sale, 9:00a.m. - 3:00p.m. (See 9/9)
Walking: Walking with Henry David Thoreau, 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
Meditation: Willimantic Mindfulness Sangha Meditation, 7:00p.m. - 8:30p.m. (See 9/3)

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From Agricultural to Medieval: Locals Work at Renaissance Faire’s New Home in Lebanon

By Corey Sipe

The Lebanon Fairgrounds, home of the Lebanon Country Fair for the past 57 years, will be dramatically transformed this fall. After hosting its annual agricultural fair in August, the site will feature a harvest festival from the Middle Ages with kings and queens who will entertain folks of all ages. It’s all part of the Connecticut Renaissance Faire which returns to Connecticut’s Quiet Corner. The faire will be open weekends from Sept. 2 through Oct. 9 as well as Labor Day and Columbus Day, from 10:30 a.m. to 6 p.m. Visitors will be able to enjoy family-friendly shows, knights in armor, games, an artisan marketplace, meet the author visits, food vendors, and much more. The 44-acre rural fairgrounds, tucked away at 122 Mack Road in Lebanon, is what attracted faire organizers. Southbridge, Mass. resident Eric Tetreault, Marketing Director of Connecticut Renaissance Faire, said “I think it’s beautiful there. It’s a nice country setting with a lot of trees. Our thought about the site is that it gives guests the feeling that they stepped back in time to an old-world country fair.” The Connecticut Renaissance Faire had a booth at this year’s Lebanon Country Fair. He said that folks who stopped by expressed “how happy they are that the faire is running in Lebanon.” The faire’s former home, the 20-acre North Haven Fairgrounds, was too close for comfort to busy Interstate 91; the highway is right next to it. While being off exit 12 was convenient for visitors, the loud noise of traffic proved to not be conducive to a renaissance faire atmosphere, Tetreault said.

Bill Dwyer, a former vendor of the Lebanon County Fair who is a turkey leg vendor for the Connecticut Renaissance Faire, suggested the faire relocate to the Lebanon Fairgrounds. The Lebanon Lions Club owns the fairgrounds and rents it out for a fee. The Lions Club is a non-profit organization whose members volunteer their time for humanitarian causes with their main goal of helping to prevent blindness and eye-related diseases.

Lebanon resident Stephen Salisbury, from the Lebanon Lions Club, said “The Lebanon Lions are thrilled to cooperate with the Renaissance Faire and have them here in Lebanon. Collected fees from the Renaissance Faire will be distributed between the many charities and organizations that the Lebanon Lions Club generally contribute to.” According to their website, <http://lebanonctlionsclub.org>, 65 percent of funds raised by the club typically go back to the local community in many ways including the Jonathan Trumbull Library in Lebanon, Lebanon Volunteer Fire Department, scholarships and the annual senior graduating party for students at Lyman Memorial High School in Lebanon, Lions Low Vision Center of Eastern Connecticut in Colchester, and local boy and cub scout troops. 35 percent of funds go to state and world projects such as the Connecticut Children’s Medical Center, Connecticut Lions Eye Research Foundation, Yale Eye Research, Fidelco Guide Dog Foundation, and Lions Club International Foundation, Inc.

Back in mid-August, several cast members and behind-the-scenes workers attended a dress rehearsal at the Connecticut Renaissance Faire office, located in a historic mill building in Southbridge, Mass. They were preparing for Connecticut Renaissance Faire’s new central theme for its cast production which is an adaptation of Francis Beaumont’s historical comedy “The Knight of the Burning Pestle,” set in 1605. With about fifteen people in the cast, the production is being directed by Scott Kegler, of Willimantic, who studied acting and directing at Eastern Connecticut State University in Willimantic. He earned a bachelor’s degree from E.C.S.U. in History and Criticism of Theater Literature in 2006. Kegler said he additionally serves as entertainment director which means he also works with jugglers, jousters, and danger acts. It’s his first time back to the faire after he worked as stage director five years ago. Kegler is excited to be back. “The storyline is



A scene from the 2016 Connecticut Renaissance Faire in North Haven. Some of those pictured include Melissa Madzek, of Winsted, Phil Tremblay, of Middletown, Melissa Williams, of Clinton, Nathan Manna, of Sutton, Mass., Robert Isaacson, of Boston, Mass., Adrianna Neefus, of Salem, Mass., Michelle Meyer, of Boston, Mass., Cameron Smith, of Spencer, Mass., and Nicole Rigo, of Branford. Photo Courtesy of Laura DuBois.

that we are having the play put on for Queen Elizabeth. It’s not a play of politics but a theatrical historical piece and the audience will be able to interact with it,” he said. Kegler added that “the show will evolve throughout the day based on audience reactions.” Audience members can give their feedback to designated reviewers and “they will be read in a comedic way at the finale,” he said. Kegler admitted that some creative licensing will be used as “we fudged on the

dates of the play and whether she (Queen Elizabeth) was able to see the play.” Tetreault, who also attended the rehearsal with Kegler, said one of the aspects that makes the Connecticut Renaissance Faire unique is that “We are highly interactive, thanks to Scott. There is so much emphasis on interactivity with the public. Our actors talk with you like you are there, not like they are in a play and you are sitting in a theater.”

Reading over her lines was Tolland

resident Alexandra Bradley, 16, who said she started attending the Connecticut Renaissance Faire as a baby but this is her first time as an actress. Bradley plays Lucy, a rich merchant’s daughter, who is pursuing a love interest that her father, Venturewell, does not approve of. “I’ve always wanted to act and this is my first opportunity to do a show outside high school,” she said. Bradley will be a junior at East Catholic High School in Manchester this fall. Regarding being a part of the faire’s cast, she said “I love so much about it, I love the acceptance of it (from other cast members).”

Kathleen Rose, of West Hartford, is playing Nell in this year’s cast production, while Stephen Sedlak, of Litchfield, is playing George. In renaissance costumes, both will be seated among the audience. Sedlak said that he and Rose, during the performances, will be “shouting at the actors telling them how to do it differently.” Sedlak’s acting career started about four years ago at a renaissance fair in Ansonia. He said that the Connecticut Renaissance Faire is “one big

family, everyone has been super kind and generous.” Rose said, “I have been part of the cast and an employee of the faire for over a decade. I love how much training they give.” She has had a variety of roles including working for the faire’s jousting company for a year. Rose credits the fair for taking steps to ensure it is accessible for everyone by having a Deaf Awareness Day and ensuring that everyone who wants to participate can do so no matter their disability. The Lebanon Fairgrounds is wheelchair accessible since it’s on “level ground and mostly grassy,” according to the faire’s website.

Stage director Patt Brotschul, of New Haven, said that “We have an amazing cast. Scott is pulling things together very quickly.” Stage manager C.T. (Charles Thomas) Hannon, of Billerica, Mass., said “We want to make the day special for anyone that comes to the show.” Auditions began this past June. The faire will feature 11 stages of continuous entertainment which includes comedy, combat, music, and fire. Fight Director Michael Bailey, of Worcester, Mass., who oversees cast scenario fighting, said this is his second year as a full-time fight director. “It’s a different sort of creation as I’m a writer by trade. It’s nice to do something completely different and fun to create action scenes in live theater,” Bailey said. Additionally, there will be over 70 vendors at the faire marketplace. Melissa Hardwick, of West Babylon, N.Y., owner of Sunshine’s Moonlight, has been a vendor at the faire for six years. She sells soy candles, cracker jack soaps, bath salts, and oils. “It is an amazing fair, and we keep vending because of the people. Everyone involved: vendors, performers, actors, and management team, go above and beyond to give it a real family feel,” Hardwick wrote in a recent e-mail to Neighbors Paper, adding that she is excited about the faire’s new location in Lebanon.

Most of the Connecticut Renaissance Faire’s rich history centers on Eastern Connecticut. Their first faire was in 1999 on the 7-acre Kings Inn property in Putnam, now known as America’s Best Value Inn. “We had two stages behind the inn and we outgrew the site instantly. There were cars parked on the road where they shouldn’t have been parked and we couldn’t stay there,” Tetreault said. The faire moved to the 33-acre Brooklyn Fairgrounds in 2000. While he said it is a nice fairground, he added “It’s not what we were trying to do. We were looking for a more woodsy place.” The faire then relocated to the 52-acre Woodstock Fairgrounds from

2001 to 2005 until heavy rains flooded them out prompting them to move to higher ground. They then went to the 101-acre Hebron Lions Club Fairgrounds where they hosted faires from 2006 to 2012. Hoping to construct their own



Connecticut Renaissance Faire staff (L-R) Stage Manager C.T. (Charles Thomas) Hannon, of Billerica, Mass.; Fight Director, Michael Bailey, of Worcester, Mass.; Entertainment Director Scott Kegler, of Willimantic; and Stage Director Patt Brotschul, of New Haven, attended a rehearsal in the Connecticut Renaissance Faire Office in Southbridge, Mass. in August. Corey Sipe photo.



Actors (L-R) Alexandra Bradley, of Tolland; Stephen Sedlak, of Litchfield; and Kathleen Rose, of West Hartford; are in their costumes during an August dress rehearsal in the Connecticut Renaissance Faire Office in Southbridge, Mass. Corey Sipe photo.



An illustrated map of the Connecticut Renaissance Faire in Lebanon for their fall 2017 season.
 Courtesy of Connecticut Renaissance Faire.

building on the 47-acre Senator Thomas J. Dodd Memorial Stadium property in Norwich, the faire temporarily relocated to the Dodd Stadium overflow parking lot for 2013 and 2014. “It was tough because it was all gravel and those in wheelchairs and mobility issues couldn’t access the faire,” Tetreault said. Unfortunately, the site where they wanted to build was a wetland that could get flooded. “We didn’t like the word ‘flood’ after 2015,” he said, adding that the faire wanted to try its luck in a different part of the state and relocated to North Haven.

Organizers are hoping that customers who attended the North Haven faire will take the hour drive to Lebanon this year. Tetreault said, “We have had people attend from four or five hours drive away.” Customers come as far north as Canada, as far south as Maryland, as far west as Pennsylvania, and as far east as Rhode Island. They are also hoping that Eastern Connecticut customers who didn’t want to make the trek to North Haven will come to Lebanon. “We have good support from Eastern Connecticut. People recognize us from our days at Woodstock and it’s amazing to see the level of enthusiasm and support now that we are returning back from the other end of the state,” he said. Tetreault believes that about 25,000 people will attend the faire over its six weekends in Lebanon this year. He encourages folks to “come as you are” and dress like they are attending an agricultural fair. Those who want to dress in renaissance era costumes are welcome to do so.

Salisbury said “The Renaissance Faire will bring many folks to town and the surrounding area, especially many who may not have been here before. We trust they will enjoy themselves and avail themselves

of the many wonderful features and restaurants in the area.” For example, history fans attending the faire might be interested in two events sponsored by the Lebanon Historical Society on the Lebanon Green, only about a mile and a half away. The society is co-hosting a Revolutionary War Encampment with Ye Olde Lebanon Town Militia on Sept. 9 and 10 with various demonstrations, tours of the nearby William Beaumont House, and merchants selling reproduction colonial wares. It runs 10 a.m. to 7 p.m. on Sept. 9 and 11 a.m. to 4 p.m. on Sept. 10. Admission to the encampment, tours, and demonstrations are free.



Connecticut Renaissance Faire float in Willimantic's 2017 4th of July Boom Box parade. (L-R) Luisa Gladu, of Bristol, and her husband, Gary Gladu, of Bristol are riding in ship float with Chris Robert, of Danielson, marching wearing a kilt.
 Corey Sipe photo.

Farmers Market sells locally grown and made foods and other products on Saturdays 9 a.m. to 12 p.m. Executive Director of The Last Green Valley, Inc. Lois Bruinooge, of Woodstock said, “We love events that bring people in the region.” The Last Green Valley is a non-profit organization, based in Killingly, which advocates for the fragile resources of the 35-town National Heritage Corridor in Eastern Connecticut and Southcentral Massachusetts. For more information on the Connecticut Renaissance Faire, visit www.ctfaire.com.

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Mountain Lions in Eastern Connecticut

By Bill Kerensky

Back in 1985 I owned a lovely little Victorian carriage house in Willimantic. One afternoon during that summer the Willimantic Chronicle delivered a sensational newspaper to my home showing a photo of a mountain lion taken by a woman in the Goodwin State Forest in Hampton. The woman was walking her dog down the trail near the Goodwin pond adjacent to route 6.

To her surprise she saw a mountain lion in a tree some 30 feet where she stood with her dog. The plucky woman had a Kodak camera with her and caught an iconic photo of a mountain lion, some 20 feet above her, staring down at her and the dog. The long tail of the mountain lion wrapped around the tree. As I gazed at the photo, there was no mistaking what this animal was. It was a mountain lion.

The article quoted Robert Craig, the Zoologist at the time with the Connecticut DEEP. He stated that he had not viewed the photo, but that the woods of Connecticut would provide good habitat for cougars. A Clark University study was also cited that good mountain lion habitat was available in Massachusetts.

Recently an FOI request was made by a great website called CTMountainlion.org to the CT DEEP office for information and copies of the photo. The Website is also known as Cougars of the Valley. A terse response to this FOI stated: “Please be advised that any records relating that far back would have been destroyed under the State Records Retention Schedules, and authorized by the State Librarian. Thank you.”

I recently contacted the new owners of the Chronicle, to see if they still had a copy of the photo and article. As of this writing, I have not received a response. I frequently visit CTmountainlion.org. The website posts sightings around the State of folks who have seen mountain lions. Many eye-witness reports have been up loaded. The DEEP responds that these sightings are erroneous, and that the folks are just seeing bobcats. The interesting point made by many of the observers is that these animals appear to be the size of German Shepherds, tawny brown in color, and exhibit a long tail approximately 3 feet in length. Bobcats do not have long tails, and are nowhere near 80 pounds in size.

As I began to dig deeper into this story, I came the Official Website of the Executive Office of Energy and Environmental Affairs in Massachusetts. The web page headline states:

Confirmed Reports of Mountain Lions in Massachusetts

Although there have been many reports, there are two records of Mountain Lions in Massachusetts that meet the evidence requirement for a Class 1 or a Class 2 Confirmation. To date, other reports accompanied by evidence have either been determined to be another species of animal, or have been impossible to identify due to the poor quality of evidence. Mountain Lion reports without any form of evidence cannot be investigated or confirmed.

Case 1

In April 1997, John McCarter, an experienced tracker who had been trained by Paul Rezendes, found scat near a cached beaver carcass at the Quabbin Reservation. The beaver was partially eaten and covered with brush. A scat sample was sent to Dr. George Amato of the Wildlife Conservation Society in New York and Dr. Melanie Culver of the University of Maryland for DNA analysis. Both labs confirmed that the sample came from a Mountain lion. This record has been accepted by MassWildlife and the Cougar Network as a Class 1 Confirmation. At that time the technology was not available for the lab to do a DNA profile to determine a more precise geographic origin of this animal.

Case 2

On March 4, 2011, Steve Ward, a DCR forester, photographed a track trail in the snow crossing a frozen cove near the Gate 8 boat launch area of Quabbin Reservoir. These tracks were fresh and well photographed. The photos were examined by tracking experts Paul Rezendes of MA, Charles Worsham of VA, George Leoniak of VT, and Dr. Mark Elbroch of WY. These tracks may well have been made by the young male Mountain Lion that was documented by DNA at Lake George, New York on December 16, 2010 and next by DNA and photos in Greenwich, CT on June 5, 2011, and killed by a vehicle six days later.

Origin of the Species:

Mountain lions are largely secretive and solitary animals. While a dead mountain lion was killed on a highway in Greenwich in 2011, the mountain lion’s DNA was traced to a South Dakota breeding population. However biologists believe that mountain lions seen in New England

have most likely migrated south from Canada. Here is an excerpt from the Web Page Nature Canada describing the eastern cougar.

Common name: Eastern Cougar

Size: Male Cougars reach two meters in length and weigh over 100 kg. Females are slightly smaller.
Population Estimate: Unknown

The Facts

Females have two to four kittens every two to three years in late winter or mid-summer. Cubs stay with their mothers for up to two years, learning the complicated hunting techniques of Cougars. Except for mothers and cubs, Cougars are usually shy and solitary.

Kittens are spotted until they are six months old, afterward they grow the adult coat of plain short hair, dark to reddish or grayish brown with a white chest and belly. They have a long tail with a black tip and black markings on the backs of the ears and around the muzzle.

Masters of camouflage, Cougars usually hunt at night and rarely chase their prey. A Cougar will locate its prey by scent or sound, slink forward slowly and silently, then pounce when the prey is within reach.

Cougars are excellent swimmers and climbers. They can also jump more than six meters.

Cougars’ favorite food is deer, but they also eat beavers, porcupines and other small mammals. Cougars travel long distances for food, often using the same routes and marking their territories with scratched scent posts. When hunting, Cougars typically kill their prey by suffocating them with a prolonged bite across the throat that eventually collapses the victim’s windpipe. This is usually the case with large prey like Moose calves and Elk. Small prey, such as Mule Deer fawns, are more likely to die from a broken neck caused by a single bite. In order to hide its kill from scavengers, a Cougar will cover its victim with debris between feedings.

The Cougar is Canada’s largest and most powerful cat. Cougars were once found all over North America. They still survive in Western Canada but no one knows how many, if any, Eastern Cougars remain. Their range is thought to be the most extensive range of any terrestrial mammal in the western hemisphere – a range that is almost the same as that of the White-tailed Deer, the Cougar’s main prey.

Cougars are found wherever there is enough prey, enough forest cover, and a minimum of human disturbance. Logging in the eastern forests, human settlement, and habitat disturbance from activities like mining are responsible for the sharp drop in Cougar populations. If the Eastern Cougar does still exist, it is possible the population may recover if deer populations increase and forests grow again on the existing logged land.

While the Eastern Cougar has been declared extinct by the U.S Fish and Wildlife Service, scientists have held out hope that a few Eastern Cougars remain. There is no question that large tracts of New England, including Connecticut and Massachusetts have naturally reforested. With plenty of woodland cover and an ample food supply of white tail deer and other small game animals, I believe that the eastern cougar is here and thriving. Eyewitness evidence in Eastern CT.

Here are a just a few examples of sightings in Eastern CT. Credit to CTmountainlion.org
October 19th, 2016 - 15:45

I was driving in Ashford on a Sunday in late July of this year and passed a house with chickens. About 25 yards up the road passed a large cat. It had a long thick tail and the body was much bigger than a normal dog. It looked like a mountain lion. It passed into the woods. I stopped to see if I could catch another look at where it entered the woods but it was gone.

Ashford, On Monday, 9/19/16, at approximately 10:15pm, this writer went outside on back deck of yard to let my dog out. I heard an odd unusual high pitch noise almost instantly and noticed the silhouette in the distance in the dark of a very large animal with a long tail near our garden beds. The animal then proceeded to give a loud cat growl at us and ran off into the nearby field/woods.

Scotland CT, just over the Windham line. On Tuesday, May 29th 2016, at about 4:15 pm I was traveling down Back Rd in the vicinity of Old Brooklyn Turnpike when I caught movement out of the corner of my eye. Sure a white tail deer was going to jump in front of me, I slowed down to a crawl. From the side of the road jumped an enormous cat, long and lean, dark tan in color, long tail. If I had to guess I’d say about 65-70 pounds or so, based on the size of my dog and comparing sizes. It paused to look at my car approaching and then trotted across the street. I



stopped where I saw it enter the woods and it had paused again, watched me closely for a few moments, and then leapt over a stone wall and up about 5 or 6 feet up the side of a tree. It climbed the tree quickly and disappeared from view.

As soon as I could get to a computer I looked up pictures to see what it could be. Bobcats, fishers, coyotes and deer are regularly seen in my area and I am very familiar with how all of those animals look. This, in my opinion, could only be a young or female mountain lion. It was not as big as what I read they can get, but it was no house cat. Bobcat is out because of the tail and the lack of markings on its fur. If I hadn’t of had such a good look at it, I might have convinced myself I saw something else. I have no doubt in my mind I saw a mountain lion.
My Experience:

In the last month, a good friend of mine who is a well-known professional in town related the following story to me. He had hosted some longtime friends from Australia to stay at his house in Ashford. After a week of hosting his friends, they departed from his home, heading north up route 89 towards Interstate 84. As they approached the intersection of route 89 and Boston Hollow Road, a mountain lion crossed the road. They were very excited and called my friend on their cell phone. They were amazed to see such a wild and magnificent animal in Ashford. My friend who hosted the couple also related that there have been several sightings of a mountain lion crossing route 74 in Ashford near Camp ConnRI. I live within a 7 mile radius of these sightings.

Who Do You Believe?

The CT DEEP denies that there are mountain lions in Connecticut. I agree that there is a lack of photos and hard evidence which substantiate this assertion. Most people who see a mountain lion are so startled that they have barely time to grab their cell phones to take a photo before the cat trails off into the woods. Yet based upon the confirmation of cougar evidence in Massachusetts, I am hard pressed to deny they might be here. Readers should realize that if the eastern cougar population is recognized and accepted in Connecticut, this would present a host of problems for the CT DEEP.

First and foremost, the DEEP would need to develop a management plan for the cougars. This would take months, if not years to develop. Secondly, they would have to hire state wide monitors to track and document their presence. Most likely they would be sedating and radio collaring these magnificent creatures. The cost of documenting and “controlling” the eastern cougar population would become a burden to the DEEP and the taxpayers of Connecticut. My hunch is at this point, it easier for the State to deny their presence, rather than deal with any of their current population.

What I Believe

For the last 25 years I have lived in the rural town of Ashford. I live on a quiet town road and my wife and I have created 13 beautiful flower and vegetable gardens. Over the years the deer have feasted upon these gardens continually. We regularly had a herd of 7 deer, mothers and fawns visiting our property. Needless to say, I spent many hours applying deer spray to the gardens to repel the deer. The spray is overpowering and also repels everyone else after application

In the last two years the deer have disappeared around my house. We have not had one bite, nibble or missing lily flower. I am not sure if the correlation of reported mountain lion sightings here in Ashford equal the diminished deer sightings in my neighborhood.

While I am glad the deer population has been reduced around my home, other folks around town tell me they still see deer browsing on their property. I can’t say for sure that the eastern cougar is here, but based on the stories from my friends and the eyewitness accounts I have read, I think they are here. In my opinion a natural predator for deer control would be most welcomed in my neck of the woods.

I would love to hear from any readers about their encounters with these magnificent and solitary creatures. You can email me at billkerensky@sbcglobal, or post your own account at CTmountainlion.org.

Hampton Couple Into Antiques and Guitars

Submitted by Pat Boss

On July 1st of this year Pat and Jamie Boss opened a unique store in Woodstock. It combines two of their passions, antiques and stringed instruments, to create a one-of-a-kind shopping experience. Although this particular store may be unusual, the story of how this idea developed is not. Jamie asked Pat “What would you really like to do?”, and she simply said “Open a little antique and gift shop.” That was in March and four months later they did. Woodstock Antiques & Arts opened but unlike most other antique shops, this one shares the same space with Hot Strings Guitar Shop.

Both Pat and Jamie know retail, but their experiences have not been the same. Pat was an accountant and operations executive at a large commercial bank for 35 years. Jamie is a luthier.

By all appearances, Pat and Jamie look like a couple who has been married forever, but in fact they just met in 2013 and were married in 2015, shortly after moving to Hampton from the Fairfield County area.

Besides her career in banking, Pat had been buying and selling antique glassware since the mid 90’s. Like so many other collectors, her interest began with the simple purchase of a single piece of depression glass. Soon she began to research each piece she acquired, building a library of reference books so that she could identify those lovely pieces of colored glass. Her interest expanded to other areas of antiques including furniture. Within two years, she was selling her items in a local group shop and on eBay. In 2004, a promotion by her employer required her to move from her lifelong home state of Connecticut to Florida. The hectic pace of the new position meant she could no longer continue her antiques business. Retiring from her banking career in 2013, she returned to Connecticut to be near family. After meeting Jamie, and moving to Hampton, they turned their shared interest of antiques back into a retail venture and offered their items for sale in group shops here in the Last Green Valley area. Their sales were not just antique glass or furniture, but also stringed instruments. That was because of the expertise Jamie brought to the business.

Jamie has been playing guitar since he was 10. But it wasn’t until he was in his 50’s that he developed an interest in luthierie. At the time, Jamie owned a video production company in Connecticut. A new client asked him to come to Canada and produce a series of videos on guitar building. After spending weeks filming then endless hours editing, Jamie became very knowledgeable about the subject. He was very interested in learning how to build his own guitar. To financially support his desire to build guitars, he began to sell brand name instruments on this new thing called eBay. That venture became so successful that he opened a storefront. At the same time, the video production business was going through drastic changes with the advent of small digital cameras. He closed the video production business and became a full-time retailer. All during this time, Jamie learned his craft well. Amassing a library of luthierie reference books and working with his mentor in Canada, not only did he sell stringed instruments but was able to repair and restore them. Having invested heavily in all the tools and equipment to build instruments for himself, Jamie realized he could offer a once-in-a-lifetime experience to others. A musician could now actually build his or her own guitar. Ultimately this expanded to include mandolins, ukeleles, or dulcimers.



In 2014, Pat and Jamie, each having sold their respective houses, looked for a new home they would share, not only with one another, but with the luthierie business Jamie had developed. It was time for them to slow down

and live a simpler life. Bringing the business into the home seemed like that was the answer. They searched for months and found the perfect location, a converted barn in Hampton that offered the unique home with a gorgeous view that they desired and space for Jamie’s business. No more long hours at the store, he would do his repair work and building school out of their home. This plan worked well until both the repair business and building school needed more space. That’s when the timing of the simple question “What would you really like to do?” merged with the realization that Jamie’s Hot Strings Guitar Shop needed to move back into a storefront.

Pat’s motto has always been “Everything happens for a reason.” That was never more true than when they happened upon vacant space in Fern’s Plaza on Route 171 in Woodstock. The perfect showroom space for Jamie to sell stringed instruments, some new but mostly lovely vintage instruments, that he has carefully and painstakingly restored. The current inventory includes such interesting items as an Orpheum Number 1 Tenor Banjo made around 1919, or a Framus Mandolin from the 1950’s. Jamie typically has a selection 35-40 instruments to choose from.

Customers are thrilled to know they not only have a local shop to purchase their strings and other accessories but also to get their instruments evaluated and restored or repaired. Working closely with each customer, Jamie inspects their instrument, and provides an in-depth evaluation of the work needed to bring it back to life.



Because of Jamie’s ability to play the guitar, mandolin, tenor banjo, five-string banjo, tenor guitar, mandola and classical guitar, he can provide guidance to the customer seeking to purchase an instrument. He helps them select the best instrument for the music they enjoy playing the most. In addition, Jamie continues to offer the unique experience for any musician, one of building their own guitar, mandolin, dulcimer or ukelele. The classes are designed for individuals who do not necessarily have woodworking experience. In the past male and female students have included some as young as 13 and as old as 75. Teaching has always been a passion for Jamie since his days as an Army instructor almost 50 years ago. He finds it very rewarding to see a student’s joy when they play their newly built instrument for the first time.

Woodstock Antiques & Arts has something for everybody. Offering gifts and “uniquities” of antiques, up-cycled items and locally handcrafted items like jewelry and children’s blankets as well as new country-style gifts. Buyers can find items suitable for a newborn or someone up to their nineties. There’s even a section of the store fondly called the ‘Cowboy Corner’ where vintage tools and farm implements are featured. If someone is shopping for that last minute gift, Woodstock Antiques & Arts can help, by providing a selection of beautiful greeting cards. Inventory in the store changes frequently so if you’ve already stopped by, be sure to stop back again. Every day buyers will find something new. Woodstock Antiques & Arts also offers consignment services for select quality antique items.

Jamie and Pat love the atmosphere of an old country store. Unfortunately a big pot belly stove is out of the question, but they’d love you to still stop by for a chat. While working to keep their ‘simpler life’, they keep the atmosphere of their store friendly and welcoming. They can be found at their shop located at 156 Route 171 in Woodstock, Wednesday through Sunday. Stop by to pick Jamie’s brain about an old instrument or talk to Pat about grandma’s green glassware. You won’t be disappointed that you did.

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Black and White
And Read All Over!!!

POTUS Rutherford and Gandhi on Moral Economics

By P.K. Willey, Ph.D.

The question of what constitutes a wonderful and advanced civilization is dependent upon Justice, which is buttressed by economics. All great philosopher-doers, concerned with the betterment of human life have recognized that the handling of the economic means for living life must be guided by ethics and morality for the good of all. Gandhi was no exception. He undertook a task, the sheer enormity of which remains unsurpassed to date: to create a free, truly democratic, independent, unified India, out of dozens of princely states, out of rigid, feudal-social-mindset-stratifications, after nearly 400 years of brainwashing colonialism. His awesome effort assisted by a less bridled media, gave his voice world-wide amplification. Gandhi was able to clearly define unifying ideals, to demonstrate ethical means for our awareness to express itself towards and for each another.

In the realm of economics, as with all the ideals he evolved to, Gandhi saw Justice clearly, with moral economics as the means to ensure Justice. To ensure that all could eat, have education, homes, clothes, decent and meaningful employment, the basics for a good life, was and is, human justice and basic decency to one another. All economic action and activity that went counter to ensuring Justice, was and is, immoral, unethical, truly wrong. He said:

“I must confess that I do not draw a sharp line or any distinction between economics and ethics. Economics that hurt the moral well-being of an individual or a nation are immoral and therefore sinful. Thus the economics that permit one country to prey upon another are immoral. It is sinful to buy and use articles made by sweated labour.”
“True economics is the economics of justice. Those people alone will be happy who learn how to do justice and be righteous under all conditions of life. All else is vain, a kind of moral perversity that presages doom. To teach the people to get rich at any cost is to teach them an evil lesson.”

Gandhi was not alone in his thinking, he found a kindred understanding in the Russian thinker, Tolstoy, in EU’s Ruskin, for what is deeply common to us, is found to be universal in our awareness.

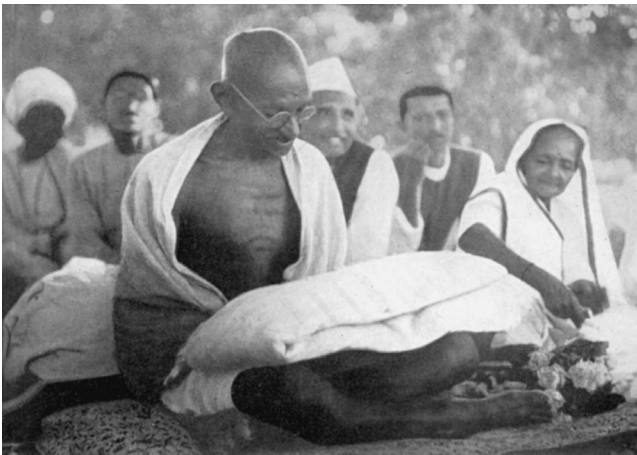
In the USA, Republican President Rutherford Hayes (Presidential term 1886-1881), lost the support of his party when he expressed his views on the amassing of wealth and influence in the hands of a few. After his one term as POTUS, he retired to his ample personal library, with a vigorous speaking engagement schedule. From his diaries while in Office (1886):

March 18, Thursday. “My point is that free government cannot long endure if property is largely in a few hands and large masses of the people are unable to earn homes, education, and a support in old age...”
During a period of US history when being personally circumspect and pious were qualities that received social support, Rutherford saw that distribution of wealth into the hands of the masses to better their lives was of far greater import than philanthropic acts:

March 19, Friday: “No man, however benevolent, liberal, and wise, can use a large fortune so that it will do half as much good in the world as it would if it were divided into moderate sums and in the hands of workmen who had earned it by industry and frugality. The piling up of estates often does great and conspicuous good. Such men as Benjamin Franklin and Peter Cooper knew how to use wealth. But no man does with accumulated wealth so much good as the same amount would do in many hands.”

“March 26, Friday. “Am I mistaken in thinking that we are drawing near to the time when we must decided to limit and control great wealth, corporations, and the like, or resort to a strong military government? Is this the urgent question?...”

Today, his questions have been answered.
December 4, Sunday: “In church it occurred to me that it is time for the public to hear that the giant evil and danger in this country, the danger which transcends all others, is the vast wealth owned or controlled by a few persons. Money is power. In Congress, in state legislatures, in city councils, in the courts, in the political conventions, in the press, in the pulpit, in the circles of the educated and the talented, its influence is growing greater and greater. Excessive wealth in the hands of the few means extreme poverty, ignorance, vice, and wretchedness as the lot of the many....Let the people be fully informed and convinced as to the evil. Let them earnestly seek the remedy and it will be found. Fully to know the evil is the first step towards reaching its eradication....We may reach and remove the difficulty by changes in the laws regulating corporations, descents of property, wills, trusts, taxation and a host of other important interests, not omitting lands



Gandhi with Kasturba looking on, at a village program, admiring a handcraft gift of hand spun and woven cloth. Contributed photo.

and other property.”
Like Rutherford, Gandhi offered this vision for global economic reconstruction:
“According to me, the economic constitution of India and for the matter of that of the world, should be such that no one under it should suffer from want of food and clothing. In other words, everybody should be able to get sufficient work to enable him to make the two ends meet. And this ideal can be universally utilized only if the means of production of the elementary necessities of life remain in the control of the masses. These should be freely available to all as God’s air and water are or ought to be, they should not be made a vehicle or traffic for the exploitation of others. Their monopolization by any country, nation or group of persons would be unjust. The neglect of this simple principle is the cause of the destitution that we witness today not only in this unhappy land but in other parts of the world, too.”

Gandhi saw that economics must become ‘rural- minded’. In Gandhi’s day, the majority of people lived in rural areas. Current World Bank data holds that 54% of humanity now lives in urban areas. Population concentrations aside, urban lifestyles are still dependent upon rural ouputs.
Gandhi saw Justice becoming achievable through what he called the Economics of God, his God – of Truth and Love. Through his Constructive Program, aimed at poor people, he saw that reviving India’s artisan handcraft skills was crucial. He wanted to see village India capable of adding economic value to what was produced from the land. He chose spinning cotton into yarn, the very basic element of cloth production as his personal means to support artisan skill revival, and as the potential means for millions in India to put a few more pence into their pockets and then into their mouths.

Also like Rutherford, Gandhi saw that the ideal of moral economics was thwarted by the energy of selfishness and greediness: such thwarting can rightly be seen as evil. Gandhi’s Just democracy saw that economics choices of any nation had to take into consideration the climate, geography, and human temperament of its inhabitants. He wrote to the world through his newspaper (1927):

“I offer the economics of God as opposed to the economics of the Devil which is gaining ground in the world today. The latter aims at or results in concentrating a million rupees in one man’s hands, whereas the former in distributing them among a million or thousands; in placing the economics of the spinning wheel before you, I am really trying to establish the economics of God. I ask for the cooperation of Hindus, Mussalmans, Parsis, Christians and all in this holy mission. The industrialism of today is fast destroying the village in India; it is only by converting every home into a spinning mill and every village into a weaving mill, that we can revivify the village life.”

Gandhi gave us this picture of moral economics:
“True economics never militates against the highest ethical standard; just as all true ethics to be worth its name must at the same time be also good economics. An economics that inculcates Mammon worship, and enables the strong to amass wealth at the expense of the weak, is a false and dismal science. It spells death. True economics on the other hand, stands for social justice; it promotes the good of all equally, including the weakest, and is indispensable for decent life.”

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Graduate School

By Kevin Pratt Jr.

Have you ever had a fire in your belly you wanted to extinguish? The answer to that question would be ‘yes’ for me. Back in 2006 I graduated from Eastern Connecticut State University with a Bachelors Degree in communication. When I graduated I promised myself that I would attempt graduate school because at that time I wanted to further my education. However people have suggested that I pursue a career first, so with that advice, that’s exactly what I did. The closest I ever came to a communication career was working for ESPN one summer back in 2006. It was not an exciting experience. After that job ended I found myself at the same old job doing the same old thing. As time went on I got stuck in that rut of everyday life and just going to work. I had always promised myself that I would go back to school, so with a little encouragement and a little tenacity, I finally applied to graduate school. You may be asking yourself why did I do this. Simply put I wanted to further my education as my current job is not stimulating enough for me and I’m tired of being stuck in the same old rut. I found a university in Longmeadow, Massachusetts that has a graduate program where you can do all the classes online without having to step foot in a classroom. This is convenient for me considering I am a disabled individual. Currently, I’m still waiting to hear whether or not I got accepted into the program.

My point of telling you this whole story is that if you ever have a fire in your belly you wanted to extinguish and you still have a desire to further your career or education, my best advice to you is to pursue those dreams. Never stop going forward. Always strive to do your best and to succeed.

Joshua’s Trust September Events

Submitted by Angelika Hansen

Saturday, September 9 9:30 - 11 am, Come explore one of Joshua’s Trust newest trails at the Rankin Preserve with walk leader Terry Wakeman. The preserve is in Ashford on Route 89 about a half mile north of the Route 44 intersection. The walk is about 1.5 miles, moderate difficulty. Great for older kids, dogs welcome Boots and hats recommended. Rain date is October 21. For more information, email activities@joshuastrust.org (mailto:activities@joshuastrust.org) or call 860-429-9023 Tuesdays and Thursdays 12-5 pm.

Saturday, September 23 10:00 – 12:00 pm Learn about edible and medicinal plants with one of the areas most knowledgeable naturalists, Deb Hultgren. The walk at Knowlton Hill Preserve in Mansfield is moderate, great for kids, no dogs please. Appropriate footwear, bring camera. Heavy rain postpones to September 24. Limited to 15 participants. Sign up at activities@joshuastrust.org (mailto:activities@joshuastrust.org) or call 860-429-9023, Tuesdays and Thursdays 12-5pm.

Sunday, September 24 3:00 – 5:00 pm Take a “Water Walk” with Robert Thorsen, professor of geoscience, to Swan Lake on the UCONN campus. Walk around the lake for different viewpoints and discuss use/abuse, surface and ground water resources. Meet at the Benton Museum of the University of Connecticut, a co-sponsor of the event. Afterwards, view the exhibit “Unfiltered” and enjoy refreshments in the main gallery of the museum. RSVP”ThorsenTour”bySeptember20 to Benton@uconn.edu(mailto:Benton@uconn.edu)or call 860-486-4520 if you are interested in attending. Limited to 30 participants.

Thursday, September 28 6:30 – 8:00 pm Join Dr. Prakash Kashwan when he discusses his recent book “Democracy in the Woods”. Environmental Conservation and Social Justice in India Tanzania and Mexico. The discussion will be held at the Buchanan Center, Mansfield Library, the co-sponsor of this event.

Back to School After a Summer of Hate, Heat and Floods

By Phoebe C. Godfrey

Our task must be to free ourselves... by widening our circle of compassion to embrace all living creatures and the whole of nature and its beauty.-- Albert Einstein



School begins this week for UCONN and ECSU, as well as for many other schools around the country. School, that place where in theory students young and old are continually taught the basic principles of what we like to refer to as ‘civilized’ society, which has its roots in the Enlightenment ideals of “equality and justice for all”. Yet such a task does not seem to be happening- at least not very successfully. I say this given all the ways this was a ‘summer of hate’, culminating in the more overt examples put on display by our very own brand of American Nazis / Fascists who came out in droves to march around Charlottesville, VA a few weeks ago. Now let us not make a mistake and see this event as something unprecedented in America, thereby erasing the appalling and violent historical legacy of racism that has always existed in here. In fact, for many who have been oppressed and continue to be oppressed, it could be said that such acts go on in more covert ways daily in terms of all of the structural / individual acts of violence and inequality they experience due to issue of race / ethnicity / class / gender / sexuality ...etc. However, what adds an increasingly disturbing dimension for me is the lack of shame seemingly exhibited by those whites, and in particular, young white males, who marched with tiki torches, confederate flags and Nazi symbols shouting “white lives matter” / “blood and soil”...among other alarming slogans all the while knowing full well everyone can film and record them. This is where the added dimension of shamelessness comes in for me. I look at the videos / photos of these marchers and for the most part in terms of age range, I see students—ones who have been and could be in my classes this week. Therefore, I ask myself not only “how have we as a nation gone so wrong?”, but more challengingly “what can I do to help ‘free’ these young people from the worst aspects of themselves / humanity?” For although each of us is accountable for the choices we make and the values we chose to embody, as a sociologists I recognize that these seemingly hate filled marchers are also products of their society. By this I mean they are part of a society that has never faced, nor fully taught the racist horrors committed by whites from the very beginning, including against Native American. Additionally, this country has never fulfilled in practice the treaties it signed, the promises it made, the civil rights laws it passed in the name of “equality and justice for all”, despite claims to the contrary. As a result, not only are these marchers willfully ignorant, they have also been made intentionally ignorant, remaining pawns in an ongoing manufactured class, race and gender struggle, while all around us the planet continues to be plundered and pillaged for the benefit of the few.

I also look at the images of the counter protestors, the courageous individuals who for me embody the best ideals of the Enlightenment (as in the ideals of ‘civilization’) that include the practice and not just the uttering of “equality and justice for all”. These are the pluralistic ‘others’ who continue the legacy of revolution against oppression and tyranny—a legacy that formed at least one of the pillars upon which this country was founded upon. Tragically, the other pillars were slavery, genocide, patriarchy and land-grabbing forming our foundational capitalist white supremacist patriarchy, which still remains and which has of late under President Trump unapologetically reinvented itself. To illustrate this irony, in the 1960s when the then American Nazi George Lincoln Rockwell made headlines for his support of Richard Nixon’s run for President, Nixon apparently stated, “I completely repudiate him and the evil he represents.” (<https://www.theguardian.com/world/2017/aug/27/george-lincoln-rockwell-american-nazi-party-alt-right-charlottesville>). Trump, on the other hand, has encouraged, welcomed and gloated in not only support from what is now called the ‘alt-right’ (aka fascism) but has fashioned his own brand that must be seen as including his policies on ‘the environment’. In making this link, I am in no way trivializing his racism, sexism, classism and overall bigotry but rather showing that it is inseparable from how he views everything else, including the environment. Most tellingly was his comment in 2015 as the Republican presidential candidate when asked by Chris Wallace, the anchor for Fox News Sunday, who would “protect the environment?” Trump unhesitatingly in his brash style declared that, “We’ll be fine with

the environment. We can leave a little bit, but you can’t destroy business” (<https://www.cnn.com/2016/11/09/regulation-buster-trump-takes-aim-at-the-epa.html>). And this is where we must keep our focus, for not only is Trump not “draining the swamp” he is, as an op-ed piece in the Baltimore Sun declared back in May, “shrouding it in a veil of secrecy and pumping in more slime” (<https://www.usatoday.com/story/opinion/editorials/2017/05/27/trump-fills-swamp/347981001/>).

Moreover, this ‘slime’ isn’t just metaphorical. In fact, together Trump and Scott Pruitt are working tirelessly “to make America polluted again”, as Paul Krugman wittily stated by retracting EPA policies and slashing funding. These acts may not make “front-page news” but collectively as Krugman observes, “they will kill or cripple large numbers of Americans—for that is what pollution does, even if the damage is gradual and sometimes invisible” (<https://www.nytimes.com/2017/08/25/opinion/trump-pruitt-polluted-climate.html>). Additionally, they will regress any global attempts made to address climate change and or any domestic efforts to preserve public lands, endangered species and to ultimately ensure a livable planet for all both now and into the future. In this manner, as the Black Lives Matter in the United Kingdom have declared “the climate crisis is a racist crisis” (<https://www.theguardian.com/commentisfree/2016/sep/06/climate-change-racist-crisis-london-city-airport-black-lives-matter>) in that those most vulnerable are also those individuals / nations already most socially, economically and politically oppressed / stressed.

So when I walk into my Society and Climate Change class tomorrow one of the first things I will do is to ask my diverse group of students what “Charlottesville has to do with climate change” and so we will begin a semester long conversation about the intersections between racism, sexism, classism—hence inequalities that in their extreme forms constitute fascism, while also shaping our views and treatment of the environment. Obviously, I have will have no immediate insight into how my students honestly feel about the overt hate unveiled at Charlottesville but I do already know that each one breathes air and that each one drinks water and that in these two basic life sustaining acts each one hopes to remain alive. And so that is where we will begin and if all goes well over the next 14 weeks that is also where we will end—recognizing our common needs for clean air and water that remain and have always been free gifts from the Earth. Such gifts that I hope we will come to agree are worthy of protecting from hate and ever increasing planetary heat and floods as we attempt to widen ‘... our circle of compassion’. This is how in my class I plan to do my part ‘to free us all, including myself, from the worst parts of ourselves’, for is this not what school is supposed to be about?

If the topic of this article is of interest to you please join me (Phoebe Godfrey) for 3 Free Evening Talks on, “An Introduction to the Socio-Cultural Roots of Climate Change,” on Sept. 11, 18, 25 as part of UConn Extension’s CLIR Fall session. These classes will be held for the first time at CLiCK, 41 Club Road, Willimantic at 7 pm. For more information, see <http://clir.uconn.edu/>



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By EC-CHAP

Game On!

Welcome to the 3rd Season at The Packing House!

All programming at The Packing House is provided by the Eastern Connecticut Center for History, Art, and Performance (EC-CHAP), an independent member-based 501.c.3 nonprofit cultural organization serving communities and visitors to Eastern Connecticut and beyond.

EC-CHAP is pleased to offer an assortment of live performances, classic films, and cultural programs in our intimate historic setting. We are seeking new members, sponsors, and donors who share our vision, and invite you to join us for one of our monthly “Information Exchange Meetings” to learn about the benefits of membership, program opportunities, and how you can become involved in your local cultural center. The September meeting is scheduled for 7:00pm, Tuesday, September 19th at The Packing House.

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 at The Mill Works 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 on display.

EC-CHAP “Special LOCAL ARTIST PERFORMANCE PROGRAM”

EC-CHAP is pleased to offer a new program addition to our line-up this season entitled the Special Local Artist Performance Program. In essence, this program provides local artists with an opportunity to develop their own traditional performance, or create a unique performance through the integration of multiple art forms (i.e., music, film, dance, literature and the visual arts). Individuals and ensembles that demonstrate and share talent through our monthly “Talent Showcase” may be invited to develop their own unique show at The Packing House. This month we kick off our 3rd Season with a Special Local Artist Performance with...

Ed Smith and Friends (Music, Poetry, and Dance). Saturday, September 9th.

Ed Smith has performed in several Talent Showcases at The Packing House over the past two seasons. He has also performed as a solo “minstrel” at EC-CHAP’s “Spring 2016 First Sunday at The Mill Works”, and shared the stage with Presuminati at the “2016 Winter First Sunday at The Mill Works”

In the words of Ed Smith:

Ed Smith aka Fast Daddy

Ed is a Brooklyn-born singer songwriter whose repertoire ranges from conventional song forms to experimental and theatrical soundscapes a la Frank Zappa and John Cage. Over the past 40 years, he has recorded hundreds of recordings, many available in CD form at his shows.

Besides working in several musical genres, Smith has authored two books (available on Amazon) and has published articles in a number of local publications, including the *Neighbors Paper*. He helped found the Think and Do Philosophy Club, which is enjoying its 3rd year.

Ed will present a two set show beginning with a group of poems and song, and concluding with his three piece ensemble entitled Presuminati. His second set will include original dance to pre-recorded song, a choreographed poem performed with his daughter, final titles by Presuminati, and concluding the evening with an interactive percussive piece. Doors 7:00pm / Show 7:30pm. Tickets \$8.00 Advance (online) / \$10.00 Door.

EC-CHAP “ACOUSTIC ARTIST SERIES”

The Packing House offers a unique space and sound for acoustic music. The Acoustic Artist Series includes programming with focus on acoustic instrumentation and

vocals. Upcoming concerts for September include:

Eric Lee in Concert (Folk, Blues, Bluegrass). Saturday, September 16th.

A masterful and engaging fiddler, Eric Lee has performed in a variety of situations, from conducting and playing in the pit orchestras of musicals and raising the roofs of roadhouses, honky-tonks, and music halls with bluegrass bands, to recording and performing with folk songwriters, heavy metal bands.

At 18, Eric joined Pete and Maura Kennedy’s psychedelic folk-rock band, The Strangelings, at the Falcon Ridge Folk Festival, where he still performs as a member of the festival’s House Band, and has since accompanied several of his musical heroes, including John Gorka, Dan Navarro, and Peter Rowan, among others. It is these artists, along with the revered late songwriter Dave Carter, that inspire his own uniquely poetic and expressive songwriting.

The music of Eric Lee is a chimera of genres and influences; an ever-evolving world of sonic exploration with stand-alone melodies always at its core. His new EP traverses a range of emotion, from the unbridled joy of love in “Miles Above the Ground” to the wrenching pain of Eros in “To Write you a Song”; the unflattering honesty of coping with loss (“Life Without You”) to the cosmic petition to the ancient powers in “Hands of Fortune”. Doors 7:00pm / Show 7:30pm. Tickets \$12.00 Advance (online) / \$15.00 Door.

Kala Farnham with Glenn Kendzia in Concert (Indie / Folk). Saturday, September 23rd.

Kala Farnham is a multi-instrumentalist singer/songwriter hailing from the Quiet Corner of CT. Kala’s signature songwriting has been described as a reinvention of the folk tradition made popular by artists such as Joni Mitchell and Joan Baez: she has been praised for her classical undertones and playful dose of Broadway theatricality onstage, and a lyricism that springs to life with creative storytelling, cultural references, and rich metaphor.

Her first full length studio album, “Anahata: Wake Up Your Heart”, was nominated for “Best Americana Album” in RI’s Motif Music Awards alongside a nomination for “Best Female Americana Vocalist”. In 2015, she was selected to be an Official Showcase Artist in Folk Alliance International’s SERFA Music Conference. October 2016 marked the release of her 2nd studio album, “Samadhi: Home Is Where You Are” as well as another Motif nomination for Best Americana Album. Kala is an alumni of the Johnny Mercer Songwriters Project and the winner of the 2017 Rhode Island Songwriters Association Performing Songwriter Contest.

Kala will be joined by Glenn Kendzia, songwriter and front man of the alternative rock band Wild Sun. The release of their 2015 debut album “Little Truths” (American Laundromat Records) found their music in top 200 rotation on the national college radio charts and was named one of the Top 20 Albums of 2015 by Motif Magazine alongside Wilco and Kendrick Lamar. Doors 7:00pm / Show 7:30pm. Tickets \$12.00 Advance (online) / \$15.00 Door.

EC-CHAP “JAZZ SERIES”

This season we’ve chosen to separate the Jazz genre into its own identifiable series. We have had the honor and privilege of being able to collaborate with some of the finest Jazz musicians playing today. Our Jazz Series will continue to offer the best innovators and musical talent while extending opportunities to youth and student ensembles as well.

This fall we have a tremendous line-up of jazz talent joining us at The Packing House! To kick things off this month, Don Braden will be appearing with his ‘Trio of Liberty’ on Saturday, September 30th. This concert was only possible from the generosity of Mr. Arthur Rovozzo, visual artist, local history buff, and DJ of the “Musical Myriad” Jazz program airing Saturday afternoons from



12:00pm to 3:00pm on WECS radio, 90.1FM, located on the Eastern CT State University campus, Willimantic, CT.

Influenced by a friend and musical colleague, Arthur created the “Musical Myriad” show during the summer of 1989 targeting the “armchair jazz fan”. For nearly 30 years Arthur has developed and grown a loyal radio following. His program has evolved to feature important music, biographical and historical commentary of an era of jazz, blues, R&B, and swing typically spanning a period from 1944 to the present.

Don Braden was one of the original core jazz artists Arthur featured on his show over the years. As a result, Mr. Rovozzo is now ‘paying it forward’ by collaborating with EC-CHAP in presenting this unique performance as a “Meet and Greet” for his fans and a celebration of nearly three decades of the ‘Musical Myriad magic’. Having his roots in Willington, he maintains a passion for local history. His father and grandfather were both mill workers at the Gardiner Hall Jr. Company facility, now The Mill Works and home to EC-CHAP and The Packing House. Arthur’s interest in preserving local history, his work as a visual artist, and love of jazz and classic musical genres led him to EC-CHAP. Arthur will be donating a portion of the revenues from this concert to EC-CHAP to support operations and new program development.



Don Braden, ‘Trio of Liberty’ (Don Braden, Joris Teepe and Gene Jackson), Saturday, September 30th.

Don Braden is a Jazz musician of the highest caliber. For over 30 years he has toured the world leading his own ensembles on saxophone and flute, as a special guest, and as a sideman with Jazz greats Betty Carter, Wynton Marsalis, Freddie Hubbard, Tony Williams, Roy Haynes, and many others. He has composed music for ensembles ranging from duo to full symphonic orchestra, in many styles, for recordings (including 20 CDs as a leader and over 80 as a sideman), film, and the television networks Nickelodeon and CBS.

Braden is a leading arranger of contemporary standards, and has built a solid collection of newer American songs into his Jazz repertoire. He is also a world renowned educator, having spent over two decades giving master classes at countless schools and universities, and running first class educational programs such as the Litchfield Jazz Camp, NJPAC’s Wells Fargo Jazz For Teens, and most recently, the Harvard University Monday Jazz Band.

He is an imaginative, technically excellent, soulful saxophonist, and his harmonic and rhythmic sophistication give him a unique approach to improvising as well as composing and arranging. Most important of all: he has a beautiful sound, and he swings! All this combines with his joyous yet disciplined personality to make him one of the most important musicians working today. Don will be joined by Joris Teepe on bass and Gene Jackson on drums. Doors 7:00pm / Show 7:30pm. Tickets \$25.00 Advance (online) / \$30.00 Door.

EC-CHAP “FRIDAY NIGHT FILM SERIES”

EC-CHAP offers a number of full length artistic films, shorts, documentaries, and original film screenings from local and regional filmmakers. Our September film...

“The Doors” (R). Friday, September 22nd. The story of the famous and influential 1960s rock band The Doors and its lead singer and composer, Jim Morrison, from his days as a UCLA film student in Los Angeles, to his untimely death in Paris, France at age 27 in 1971. (IMDb)

This 1991 film directed by Oliver Stone, starred Val Kilmer, Meg Ryan, and Kyle MacLachlan.

“Oliver Stone’s homage to 1960s rock group The Doors also doubles as a biography of the group’s late singer, the “Electric Poet” Jim Morrison. The movie follows Morrison from his days as a film student in Los Angeles to his death in Paris, France at age 27 in 1971. The movie features a tour-de-force performance by Val Kilmer, who not only looks like Jim Morrison’s long-lost twin brother, but also sounds so much like him that he did much of his own singing. It has been written that even the surviving Doors had trouble distinguishing Kilmer’s vocals from Morrison’s originals.” (Written by Denise P. Meyer <dpm1@cornell.edu>).

Doors 7:00pm / Show 7:30pm. Film duration 140-minutes. Suggested donation \$5.00.



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

Please stop by on Wednesday mornings between 9:30 and 11:30 or call for an appointment for a private showing. I look forward to seeing you here at The Gardiner Hall Jr. Museum at The Mill Works, 156 River Road, Willington, CT 06279. For more information, please call: 301-500-8403 or email: curator@gardinerhalljrmuseum.org.



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A Basic iPhone Function A Lot of Users Don't Seem to Know....

It has come to my attention that many iPhone users don't know one of the most basic functions of the unit itself--turning it off.

No I'm not kidding. It seems many of you think hitting the Screen Lock (making the screen go black) means the iPhone is off. It's not. "But I never turn my iPhone off. Why should I?"

Word to the wise: occasionally turning off your iPhone can apparently help improve battery life. Apple says so. Unless you are in a profession that requires 24/7 on call, turn your phone off at night and DON'T charge it while it's off!

To turn your phone OFF beyond the screen lock hold the screen lock (power) power button until you see this screen. Slide it off.



Don't use your \$700 iPhone as an alarm clock every night. Also starting fresh each morning does a nice mini-tune-up. So people turn those iPhones off every night....!

Now and again I find articles that are well written and full of info like this one written by Emily Dolloff titled:

Hidden Menus

We open and locate menus all the time on our Macs. We just click a word or an icon and we instantly gain access to the program or feature we want to launch. Menus run across the top of our screens and we might even have some shortcuts there as well. But did you know about Mac's hidden menus? These menus contain useful commands, but the Mac's user interface provides no clue to their existence. This is yet another reason why I am always learning new things on my Macs, and seeking out these hidden menus came out just by pure accident. While using my Mac several weeks ago a co-worker pointed out I've been taking the long road for some common actions.

Menus go by a few different names. Officially they're called contextual menus, but nowadays Apple prefers to call them secondary menus or shortcut menus. I like to call them shortcut menus, but admit a part of that is still a reference to my old PC days when everything on my desktop was simply a shortcut. On the Mac, it's basically the same thing, shortcuts to commands that are available elsewhere.

Can you just click? Sorry, no. For these menus specifically, you the to invoke them in a special way. The most fool-proof method is via a Control-click. Hold down on the

Control key on your keyboard while you click the correct spot. Try it by Control-clicking an icon in the Finder.

Before the Mighty Mouse appeared in 2005, all Apple mice had just one button, so the Control-click technique was the only way to go. Since 2005, however, all Apple mice have provided multiple buttons, and since then, you've also been able to right-click to invoke a shortcut menu. Windows users who switch to the Mac are particularly accustomed to right-clicking since Windows relies on it heavily. To right click, click the target spot with the right-hand button on your mouse, or click the equivalent area on your trackpad.

If that doesn't work, open System Preferences > Mouse/Trackpad > Point & Click and make sure the "secondary click" checkbox is selected. Also, note whether "click in bottom right corner" or "Click in bottom left corner" for example is selected. If you're using a non-Apple mouse you might see slightly different options.

Right-clicking is great, but trackpad users can use a different technique, the two-finger click. Provided "click with two-fingers" is selected in the Trackpad preference, you can use this as a shortcut menu with a two-fingered click anywhere on your trackpad. I have come to prefer the two-finger click on my MacBook Air trackpad as I find I am less likely to launch a hot corner.

So after all of this, what can you do with these menus? I mentioned the shortcut menu in Finder. Most of its commands also appear in the Finder's File menu, but the shortcut menu saves you some time. A few favorites of mine from the menu:

Want to trash something on your Desktop? You could drag the file to the Trash icon on the dock, but that's a lot of mouse time! Control-Click the file's icon and choose Move to Trash from the shortcut menu.

Open With. this is perfect for opening a file in an application other than the default app. This is handy if you want to open a text file in Pages instead of TextEdit.

Add photos to your Library. There is a share command to allow you to easily share to social media and more.

Shortcut menus are almost endless. Control-click the toolbar of a Finder window to get commands for customizing it. Do the same with the sidebar as well. Most apps offer shortcut menus, but the part is finding them. The best way is to Control-click any object or interface control you could conceivably customize or work on in some other way. To see that I'm talking about, Control-click a photo you've received in Messages, a message summary in Mail or even Safari. Those examples are just the tip of the iceberg! Control-click away and explore all the possibilities, and along the way show a few new tricks to your co-workers too.

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 left. See DrMacCT.blogspot.com

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A little paper big on community

Investing for Major Financial Goals

By James Zahansky, AWMA

Go out into your yard and dig a big hole. Every month, throw \$50 into it, but don't take any money out until you're ready to buy a house, send your child to college, or retire. It sounds a little crazy, doesn't it? But that's what investing without setting clear-cut goals is like. If you're lucky, you may end up with enough money to meet your needs, but you have no way to know for sure.



How do you set goals?

The first step in investing is defining your dreams for the future. If you are married or in a long-term relationship, spend some time together discussing your joint and individual goals. It's best to be as specific as possible. For instance, you may know you want to retire, but when? If you want to send your child to college, does that mean an Ivy League school or the community college down the street?

You'll end up with a list of goals. Some of these goals will be long term (you have more than 15 years to plan), some will be short term (5 years or less to plan), and some will be intermediate (between 5 and 15 years to plan). You can then decide how much money you'll need to accumulate and which investments can best help you meet your goals. Remember that there can be no guarantee that any investment strategy will be successful and that all investing involves risk, including the possible loss of principal.

Looking forward to retirement

After a hard day at the office, do you ask, "Is it time to retire yet?" Retirement may seem a long way off, but it's never too early to start planning--especially if you want your retirement to be a secure one. The sooner you start, the more ability you have to let time do some of the work of making your money grow.

Let's say that your goal is to retire at age 65 with \$500,000 in your retirement fund. At age 25 you decide to begin contributing \$250 per month to your company's 401(k) plan. If your investment earns 6 percent per year, compounded monthly, you would have more than \$500,000 in your 401(k) account when you retire. (This is a hypo-

thetical example, of course, and does not represent the results of any specific investment.)

But what would happen if you left things to chance instead? Let's say you wait until you're 35 to begin investing. Assuming you contributed the same amount to your 401(k) and the rate of return on your investment dollars was the same, you would end up with only about half the amount in the first example. Though it's never too late to start working toward your goals, as you can see, early decisions can have enormous consequences later on.

It is important to plan for a long life, as the average life expectancies have been rising. Also think about the amount of time you have until retirement, invest according to how much risk you can handle. If you're nearing retirement, a greater portion of your nest egg might be devoted to investments focused on income and preservation of your capital. Be sure to consider how inflation will affect your retirement savings, the higher the cost of living, the lower your real rate of return on your investment dollars will be.

Facing the truth about college savings

Whether you're saving for a child's education or planning to return to school yourself, paying tuition costs definitely requires forethought--and the sooner the better. With college costs typically rising faster than the rate of inflation, getting an early start and understanding how to use tax advantages and investment strategy to make the most of your savings can make an enormous difference in reducing or eliminating any post-graduation debt burden. The more time you have before you need the money, the more you're able to take advantage of compounding to build a substantial college fund. With a longer investment time frame and a tolerance for some risk, you might also be willing to put some of your money into investments that offer the potential for growth. Estimate how much it will cost to send your child to college and plan accordingly. Estimates of the average future cost of tuition at two-year and four-year public and private colleges and universities are widely available. Research financial aid packages that can help offset part of the cost of college. Although there's no guarantee your child will receive financial aid, at least you'll know what kind of help is available should you need it. Look into state-sponsored tuition plans that put your money into investments tailored to your financial needs and time frame. For instance, most of your dollars may be allocated to growth investments initially; later, as your child approaches college, more conservative investments

can help conserve principal. Think about how you might resolve conflicts between goals. For instance, if you need to save for your child's education and your own retirement at the same time, how will you do it?

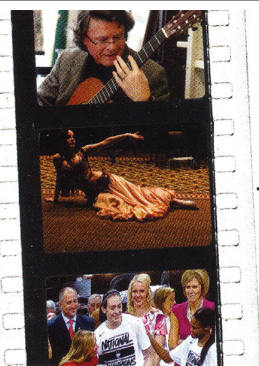
Planning for college can be overwhelming, however, planning in advance with a set of goals may help your children attend the school of their dreams.

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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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Wild and Antic Willimantic

The Riddle of the Syringe

By Mark Mathew Braunstein

Good Girls on Bad Drugs: Addiction Nonfiction of the Unhappy Hookers portrays the shattered lives of drug addicts who, in their hustle for drugs, became streetwalkers and internet escorts. The book chronicles the sex workers of the Mohegan Sun and Foxwoods Casinos, and of New London, Norwich, and Willimantic. This is the first part of a two-part excerpt from the book’s introduction to its chapters about the ‘heroin heroines’ of Willimantic. www.GoodGirlsOnBadDrugs.com

PART ONE

Pity the American cities and towns, all 41 of them, blandly named Springfield. To its glory, Willimantic appears only twice on the American map. In Maine, Willimantic’s meager population of 150 “Mainiacs” are probably outnumbered by the furry mammals that roam their hamlet on four legs. The other Willimantic laying claim to the distinctive name resides here in our quiet corner of Connecticut.

Paradise Found

Willimantic is a peaceful place to live. Located within a mosaic of forest and farmland, it is just barely large enough to support its own paper-thin daily newspaper. Willimantic may qualify statistically as a city, but its vibes feel like that of a village and one in perpetual revelry. May through October, downtown Main Street turns into a pedestrian mall for monthly street fairs with dancing on the streets. Every year the town holds a winter festival, a harvest fest, a chocolate fest, a beer fest, a river fest, and a citywide tea party for touring its historic Victorian homes. Every spring, a weeklong carnival pitches its tents on the town square. On the Fourth of July, Main Street hosts the Boom Box Parade, which attracts marchers from across the state. If statewide political candidates and their entourages march in just one Independence Day parade, it is Willimantic’s where competing candidates march with uncommon collegiality, watching the others’ backs.

Willi folks are always celebrating something. The street fests and parades are only some of the features enjoyed by its diverse citizenry. Youngsters and oldsters alike live and work and play as though one big happy family. Those weary of city life can commune with nature upon woodland trails within walking distance of downtown. Connecticut’s longest rails-to-trails pathway’s north segment passes through downtown Willimantic right on Main Street. The pathway provides passage for hikers, joggers, mountain bikers, and even wheelchair users. Willimantic features a mix of urban pleasures and rural comforts all within short distances, so many residents choose to live without cars and instead walk or bike around town.

Willimantic has a small state university, its campus fronting High Street, where its students are not the only ones getting high. Younger residents include the college students, the former students who stayed after graduation, and the aging hippies who overstayed after dropping out. For all of them, counting only since the turn of the new millennium, the city has hosted an array of shops and services surprising for both the city’s and the university’s diminutive sizes. All short-lived, there was a vegetarian restaurant named Paradise (renamed Paradise Lost), a raw foods café named Café Live (renamed Café Dead), and a co-op community center named Wrench in the Works (renamed Wrenched from Working).

Willi still has many community vegetable gardens, a footbridge that was repurposed into a garden, a theatre guild housed in its very own theatre, a performing arts center, an artists’ co-op, a craft beer pub, a natural foods co-op, a yoga center that was founded lightyears before yoga went mainstream, and a head shop open since the hippie sixties that has celebrated its 50th anniversary. All are among the oldest in Connecticut.

Nearly two-thirds of Willimantic’s population of 18,000 is white, and they manifest neither racism nor ethnocentrism. Central and South Americans compose one-third, so Willi features an array of ethnic restaurants and bodegas and churches, indeed lots of churches. Its Latinos are the friendliest folks you will ever meet. Some Latinos also happen to control most of the heroin trade throughout New England. Willimantic is no exception. Indeed, its abundance of heroin makes it the paradigm. The town fathers offer social services even to its drug addicts, some of whom are their own sons and daughters. For instance, to stem the spread of AIDS, little Willi opened one of the first clinics in the nation to offer a free needle exchange, and for

good reason. Despite Willi’s smaller size, it has historically been home to proportionately more heroin addicts than even Hartford or Bridgeport or anywhere else in Connecticut. And for the junkies who inevitably OD, Willimantic is a peaceful place to die.

Thread City

Like many New England riverside towns, Willimantic grew with its textile mills. Willimantic’s centered upon manufacturing cotton thread. Hence its nickname, Thread City. Like those in all of New England faded factory towns, Willimantic’s textile mills shrank in size from Extra Large to Extra Small. In 1985, its last major employer, the American Thread Company, closed shop. At the same time, the city’s economy unraveled and was left hanging by a thread. Drug dealing and streetwalking stepped in as its only growth industries, and a new nickname began to haunt the town. Heroin Town. A generation later, heroin still stains the entire fabric of the community. Willimantic is known for its hallmark heroin and its landmark Frog Bridge. Willimantic’s folkloric frogs are canonized in its central bridge topped by four Disneyesque bronze statuary of eight-foot-high frogs perched atop columns shaped like spools. Meaningfully, the spools are nearly empty of their threads. But little Willi has yet to be emptied of its heroin.

Dope in Willimantic is plentiful, cheap, and user-friendly, meaning any user, even strangers, can score. In the past, commuters hardly needed to get out of their cars. As at fast food joints, streetcorner transactions took place right through car windows. When Nat King Cole in 1946 first recorded “Get Your Kicks on Route 66,” he was singing about the legendary US Route 66 that connects Chicago with Los Angeles. By ironic coincidence, after crossing the Frog Bridge onto Main Street, Connecticut’s own Route 66 reaches the end of its trail in Willimantic. Get Your Fix on Route 66.

Mainline Street

On Main Street, another landmark is the historic Hotel Hooker. Built in 1887, Hotel Hooker was named after its owner, Seth C. Hooker, not for its subsequent tenants. It accommodated 70 rooms, just one more than a scintillating 69. A century later, drug dealers and addicts and hookers converted many of its boarding rooms into drug dens and love nests. The rear façade of Hotel Hooker directly abutted the police and fire stations, yet hookers often stood right outside its front entrance to lure customers inside or to hop into their cars.

On Main Street, two blocks east of the hotel stands Liberty Bank (nicknamed Libertine Bank). A garden retaining wall guards its front façade, and on its side façade perches the bank’s ATM. Streetwalkers often congregated near the ATM at the bank’s streetcorner. They sat on or stood by the retaining wall. Johns stopped to withdraw money from the ATM and janes waited to withdraw money from the johns because, for sex workers, the check is in the male.

Within one block of the bank are the Social Services and Social Security offices and the courthouse. Most sex workers on drugs are also on welfare or disability and probation or parole, so they lined up in front of the bank once a day, in front of those offices once a month, and filed into the courthouse several times a year. Willimantic’s only social service located outside of downtown is the methadone clinic.

One block east of the bank sits a narrow vest-pocket park wedged between Main Street and a municipal parking lot. The petite park features benches sparsely shaded by birch trees. Sex workers often sat on the benches facing Main Street. From throughout the region, johns flocked to Willimantic. Discrete johns would stop in the parking lot behind them and wait or honk to gain their attention. Unabashed johns would simply stop right in Main Street’s no-parking travel lane. Lone males cruising in cars with Massachusetts and Rhode Island plates became routine sights, though they seldom cruised for long. When johns pulled up to the lineup at the vest-pocket park, the girls would sing out in unison, “Who do you want?” The girls waited until seated in the johns’ cars to ask exactly what did the johns want. No one needed to ask what did the girls want. All they wanted was heroin.

Heroin Haven

Heroin addicts throughout the region took notice of Willimantic’s reputation as a heroin haven and further swelled its ranks. Some addicts commuted almost daily from outside the city to score. Others saved themselves the

commute and took up residence in Hotel Hooker. One can only speculate why Willimantic rather than some other impoverished town became such a magnet and a mecca for addiction and prostitution. Some city had to sink to the bottom of the list. Perhaps Willi just happened to draw a losing hand.

Perhaps the chief of police was a bleeding heart who deduced that if sex workers could finance their habits through the victimless crime of streetwalking, the girls would not resort to shoplifting, to passing bad checks, or to hustling stolen credit cards. And perhaps the chief assumed that if male junkies could sponge off their girlfriends, they would not resort to burglary, robbery, or more violent crimes. In fact, its police blotters record proportionately little violent crime.

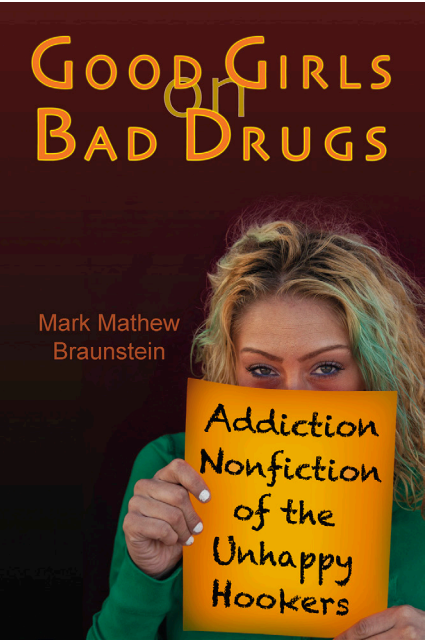
Perhaps members of the city council were pragmatic politicians and resourceful financiers who bemoaned Willimantic’s lack of tourism dollars. Perhaps they strategized that if their town allowed the johns to buy sex locally, the johns would patronize the local economy in legal ways as well when fueling up and chowing down and bedding down, even if only for short stays in sleazy motels. Perhaps the drug counselors understood heroin’s intractable stranglehold on their clients so aspired to implement harm reduction by creating safe-injection rooms that reduce the incidence of infectious diseases prevalent among IV drug users. These “supervised injection facilities” already exist in Europe, in Australia, in Vancouver, and Seattle. But opening a safe-injection center would draw the ire of community prohibitionists, so perhaps the counselors established their clandestine clinic in Hotel Hooker. Perhaps the police, politicians, counselors, and citizens in Willimantic understood what lawmakers and doctors in Switzerland, Holland, Spain, Portugal, Germany, Canada, Ireland, and England all understand. And what heroin addicts worldwide all understand. That the only proven effective treatment for heroin addiction is heroin.

Perhaps the gods of euphoria and the demons of addiction and the puritans for prohibition and the libertarians for freedom all convened on the rooftop of Hotel Hooker, and under the amber light of sunset, they signed a peace treaty ending the War on some Drugs, effectively declaring their city a war-free drug zone. If all drugs were legalized and sold at cost or even distributed for free, we sober-minded nonusers would still never touch them for the same reason we never touched them in the first place. Common sense.

But back to reality. And back to Willimantic. Female addicts who never dared to sell themselves on the streets in their hometowns did so on the streets of Willimantic. With more money, they scored more and stronger heroin. With more addiction, they sold themselves still more often and for still less money. Street drugs and street sex increase and recede in unison. Hence more and stronger drugs generate more and younger sex workers.

The English language is idiosyncratic, idiomatic, and idiotic. “Awful” means bad, “awesome” means good. “Terrible” means bad, “terrific” good. “Heroin” was named for “heroine” because when it was first marketed in 1898 the wonder drug was thought to instill women with strength and valor, so heroin was deemed good. Now that society has reevaluated heroin’s character-enhancing properties as detrimental, it may warrant a new moniker, “villain” or “villainess.” Meantime, Willimantic became notorious for its legions of heroin heroines. And the same as do its young and old folks, as do its whites and Latinos, all of Willimantic’s junkies shared a strong sense of community. Until the fall of 2002.

Mark Mathew Braunstein is a college librarian and art curator whose writer rap sheet includes three previous books, of which one was praised by the Washington Post as “remarkably intelligent.” The diverse topics of his books and more than ninety magazine articles include literature, art history, holistic health, natural foods, vegan vegetarianism, wildlife conservation, mobility disability, indoor gardening, cannabis culture, and drug law reform. Many of his previous articles, including four in Spirit of Change, can be read at: www.MarkBraunstein.Org



Martial Arts - It’s Not Just for Breakfast Anymore

By Paul Murray

Martial arts has grown tremendously over my life. When I was kid I was eager; I’d had a friend who took judo in Hartford and showed me a hip throw. I was astounded! My parents were not as enthused. I was not allowed to take anything. So I hit adulthood without any karate experience. In 1979 I’d returned to grad school at UMass Amherst and befriended a young woman named Alice who took Shotokan. She couldn’t have weighed more than 90 pounds and the idea of her taking karate just blew my mind. I was so full of stereotypes back then. She invited me to class. Like any new venture it was little scary. Everyone was wearing these white pajamas and were very seriously punching the air and grimacing and shouting and kicking. I felt old and odd. Until class began. The sensei was woman named Sally, a bit plump, and a journalism professor in real life- more preconceived notions being shattered- who turned out to be great. I enjoyed the class. We met four days a week and I got to where I not only couldn’t miss a practice, but also practiced on Friday and Saturday. Friday I’d run up Mount Toby and practice karate outdoors pretending to be some Japanese master up in the hills before joining a few friends for happy hour at the Blue Wall. Saturday I’d have the dojo to myself for an hour before I drove home to see my folks. I was into it.

We only had one test for promotion a year. A master came in from the Japanese Karate Association to conduct class. It was intimidating. I still remember quite clearly that I had followed a small Japanese man carrying a brief case who looked a little confused. You could get lost in that UMass gym; it was huge. I didn’t say anything to him, which I have regretted to this day. And when I was done changing into my gi- yes, I had bought myself a pair of those pajamas to work out in- the same man walked into the locker room. He’d been wandering around lost, not comfortable with the language, and I could have saved him some anguish. Yep. He was the guy who’d come to test us. He opened up his brief case and his gi was inside. Oh. Just a word of wisdom. It takes some strength to be friendly. Practice. I have since become quite friendly and it’s a good feature. It makes things easier for so many, but I blew it that day.

I also blew it at the test apparently. I had worked so hard, and I tried so hard. I’d ridden my bike a lot that day and my legs were tired and it was explained to me later by Sally that my kicks were just kind of hanging out there. I wasn’t pulling them back in the way you should, and so they were going to promote me to another level of white belt, that I did well, but I did not qualify for the green belt. Was I crushed? No. Well, maybe just a little. I was disappointed for sure. I really wanted that green belt. That was it, though, for the year. School was going to be over soon, the club wound down. I was leaving the area because I’d finished the program I’d been in. Gone. White belt.

I want to talk about belts. Sally said that if all you want is a black belt, go out and buy a black belt. It is supposed to represent something. If you wear a white belt for long enough it gets black. With grime and sweat. That’s what is worth while. The effort. My white belt from that year was little grimy, and was worn. I didn’t know enough then to appreciate that I had worked really hard for a nine months. Five or six days a week. I got pretty good. That is valid. The work is valid. I do know that in some schools you get a new belt every fifteen minutes. Eight classes-. new belt. Keeps kids interested. And proud. It’s not a bad thing, but you can get hung up on the color of your belt and forget that you are training. A favorite story is this: A student at aikido is testing for black belt. At aikido we wore white belts for years until you finally made it to black belt. And this guy made it. After his test, the sensei asked another advanced student to remove his own very worn black belt and give it to the student who just tested This belt was so frayed that the newly promoted student was humbled. What kind of hours of training go into making a belt this tired? Preconceived notion. Shattered. It made the fellow who’d just achieved black belt, feel that he still had a long way to go. He does. So do we all. We hope.

Just where are you going? A very valid question. I’m older. I started karate when I was in my fifties. My back was killing me and I’d had to give up aikido because I couldn’t roll or fall. It turns out I needed a new hip. I started practicing with a colleague at E.O.Smith high school who was then a third degree black belt in Moo Duk Kwan Tae Kwon Do. He could make it so I didn’t have to fall or roll and I could learn quite a lot. Ten years and two hip surgeries later, I’ve got my black belt. Steve is now a sixth degree master, and we’re still at it. I built a dojo in my barn. We have an 18 x 24 foot mat. I can roll pretty well. I can fall- not so well. I am thrilled to be practicing. Here’s why. It’s fun. It’s good exercise. It helps my flexibility. It keeps me quick. My balance has improved tremendously. We have people drop in to show us some Tai Chi, aikido, Brazilian ju jitsu, capoeira, and we mix it in with our Tae Kwon Do. New ways to move, new ways to think. I learn stuff every class. And it’s fun. Oh did I mention that? It is good for aging people. Recovering People. Young people. Middle aged people. People who want to learn something new. People who want a new way to keep fit, or work on balance, or timing, or judgement. It is good stuff.

When I was still a school teacher we ran a karate club at E.O Smith and had a number of eager students. Claire, one of those students, is still with us, a black belt herself now, and helps teach. Others drift in and out, but we’d like more students. This is too good not to share. Workouts are sporadic in the summer, but this fall we’ll start meeting regularly again Tuesdays and Thursdays at Wildwood Dojo, in Storrs. Landline. 860 429 1661. If you’d like to join us, you should. It would be good for you. We’d welcome you. Give us a call.

September 12, Tuesday
Live Music: Quiet Corner Fiddlers, 7:00p.m. - 8:30p.m. Apollo Restaurant, Rt. 32, South Windham. Info: b.schreiber@snet.net qcf.webs.com

September 13, 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
Kids: Nature’s Alphabet Series: Friends of the Forest, 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
Live Performance: Talent Showcase, 7:00p.m. Free. All ages welcome. The Packing House, 156 River Road, Willington. Call in advance to sign up: 518-791-9474 Info: www.thepackinghouse.us
Skill Share: Djembe Drumming Lessons, 7:00p.m. - 9:00p.m. (See 9/6)

September 14, Thursday
Hiking: Senior Walk, 10:00a.m. - 12:30p.m. Free. (See 9/13)
Lecture: Deep Roots: Fascism, Antifa, and Free Speech in the U.S., with Professor Christopher Vials, 7:00p.m. - 8:30p.m. Charter Oak Cultural Center, 21 Charter Oak Ave, Hartford. Info: www.charteroak.org

September 15, Friday
Rally: We the People Weekly Rally, 5:00p.m. - 6:00p.m. (See 9/1)
Basketball: The Harlem Wizards vs. the Thread City Titans, 5:30p.m. \$7-10. Windham PTO fundraiser at the Windham high School Gym, Windham High School, High Street, Willimantic.
History: Knowlton Rangers & Washington’s Spies, 7:00p.m. Local historian Sal Lilienthal about a famous Ashford resident and his impact on the birth of America. Knowlton Hall, 25 Pompey Hollow Rd, Ashford. Info: 860-487-4420

September 16, Saturday
Community Food: Willimantic Farmers Market, 8:00a.m. - 12:00p.m. (See 9/2)
Planting: 325 Trees & Shrubs, 9:00a.m. - 12:00p.m. Plant 24 new trees and shrubs in Memorial Park, Willimantic.
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
Skill Share: Fishing in Pine Acres Pond, 1:00p.m. - 3:00p.m. All children must be accompanied by adults. Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Info: 860-455-9534 Register: 860-455-9534 jasper.sha@ct.gov
Community Food: Wine! Spirits! Art!, 3:00p.m. \$30. The Friends of Babcock Library hosts an annual Wine & Art fundraiser for the Babcock Library at Church Farm Center, 396 Warrenville Rd, Ashford. Info: 860-487-4420
Community Food: Storrs Farmers Market, 3:00p.m. - 6:00p.m. (See 9/9)
Live Music: Eric Lee, 7:30p.m. \$15. Folk, Blues & Bluegrass. The Packing House, 156 River Road, Willington. Call in advance to sign up: 518-791-9474 Info: www.thepackinghouse.us

September 17, Sunday
Walking & Politics: WAPA Walkers, 9:00a.m – 10:00a.m. (See 9/3)
Community Food: Ashford Farmers Market, 10:00a.m. - 1:00p.m. (See 9/3)
Meditation: Willimantic Mindfulness Sangha Meditation, 7:00p.m. - 8:30p.m. (See 9/3)

September 20, Wednesday
Reading: Goodwin Book Club, “Forested Landscape”, by Tom Wessels, 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: One of Six Beginner Fiddle Lessons, 7:00p.m. - 8:30p.m. Free. Old Fiddlers Club of Rhode Island. Danielson. Info: 860-928-6797
Skill Share: Djembe Drumming Lessons, 7:00p.m. - 9:00p.m. (See 9/6)

September 21, Thursday
Festival: 3rd Thursday Street Festival, 6:00p.m. - 9:00p.m. Main Street, Willimantic closes for food, music and fun! Info: www.willimanticstreetfest.com

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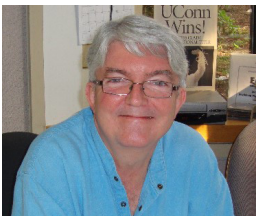
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Resources for Human Connection and Action

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 community is also included to support people and groups who are trying to reach the public. This month’s topics include:



WECS Radio at Eastern is on the move!
Is There Room for Mansfield in UConn Nation? Part 2 in a series.

WECS Radio is on the Move— Renovations and New Studios!



WECS 90.1 FM and www.wecsfm.com

This summer WECS Radio at Eastern Connecticut State University moved into new temporary studios—take a peek at the photo above. WECS is a community radio station and NPR-affiliate with students and local residents working hand-in-hand throughout the year to provide unique and locally focused programs and coverage of special events at Eastern.

The Communication Building is undergoing major renovations to completely redesign and build new classrooms, radio and TV studios, and offices to support Eastern’s excellent four-year Communication and New Mass Media Programs. It is a wonderful investment in media education and public service for people and communities in our region.

General Manager/Chief Engineer John Zatowski and Station Manager/Technician Jeremy MacDonough did an amazing job as a team with limited resources and under very tight time restrictions to move the radio station offices, studio and library from the Communication Building into Goddard Hall for the next 12-18 months. They did it all in just a few weeks!

The radio station website was down for the move and studio rebuild but it is back up and will be updated very soon when the fall semester begins at Eastern. Some new and very exciting programs are on the way—give a listen on the good old FM or website www.wecsfm.com.

Part 2—Is There Room for Mansfield in UConn Nation?

A Media Forum and Program Series

I am part of a team that will use local media to explore the quality of the relationship between the people of Mansfield and the University of Connecticut. The first program will air in September and this will be a year-long effort that we hope will make a difference and support the creation of holistic and long-term successful solutions. Our focus will be on quality of life issues, the local economy and the environment.

During recent years there has been increasing debate and tension regarding the growth of the student population at UConn, the level of on-campus housing available to them, and the rapid expansion of student rentals in neighborhoods all over town. The quality of life in neighborhoods has changed and while change itself is not a bad thing, the quality of daily living is at the heart of citizen and family concern. It’s not about students, per se, it is about being good neighbors and also about helping abusive and indifferent landlords find a conscience.

TV, radio and *Neighbors* will provide important coverage in the form of interviews, group discussions and live forums. They will provide much needed opportunities for more open and useful conversations to help people understand UConn’s needs and future plans—and help UConn improve its relationship with residents and local

government. After at least two years of various committee and Town Council meetings the basic facts are still in dispute, the numbers are fluid and changing, and this confusion must end.

Creative and appropriate use of local media channels can serve all involved very well. The issues and impacts demand higher-level conversations of mutual concern that transcend the limitations of “us and them,” “winners and losers,” and “good guys and bad guys.” Media coverage of this issue has been sporadic and limited and much more is needed. Our community and region needs a safe, accessible and open space for sharing information and opinions with a common spirit of working together to make life better for everyone.

Valuable Background and Reference Material

To prepare for this series I am pleased to share some excellent writing from a long time Mansfield resident, Charles Vidich. He publishes a blog called A Chronology of Key Legislation on the University of Connecticut and I have listed two links below to recent articles about UConn that are eye opening and very relevant to the pending program series.

Charlie is a member of the Connecticut Council on Environmental Quality. With two Master’s Degrees from Harvard, one in Community Planning and the other in Environmental Health, Charlie has focused his career on studying town planning and environmental protection issues in Connecticut. He retired from the USPS in 2014 from the position of Manager, Sustainability Initiatives, and in that position he managed the agency’s environmental and sustainability initiatives across the USA for its 32,000 post offices. His writing is informed and valuable!

From Wednesday June 28, 2017:

“UConn’s Decades Long Housing and Environmental Crises—Their Impacts on Mansfield: A Chronology of Key Events.”

<https://uconnlegislation.blogspot.com/2017/06/uconns-decades-long-housing.html>

From Tuesday June 13, 2017:

“A Chronology of Laws that transformed UConn from a rural agricultural school into an international business machine.”

<https://uconnlegislation.blogspot.com/2017/06/a-chronology-of-laws-that-transformed.html>

I invite you to take a look at the articles—they are loaded with good information and context that connects our present issues to recent history. Prepare to listen, watch and participate in the conversations. Watch for news and announcements about this new series in future issues of Neighbors, WECS Radio and Charter Public Access TV Channel 192.

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 Newspaper/Magazine

-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 a great Indian summer and autumn!

John Murphy
john@humanartsmedia.com

September 22, Friday

Nature: The Art of the Sit Spot, 10:00a.m. - 11:30a.m. Age 12+. Discover the lost art of the Sit Spot. Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Info: 860-455-9534 jasper.sha@ct.gov
Film: The Doors, 7:30p.m. The Packing House, 156 River Road, Willington. Info: 518-791-9474 www.thepackinghouse.us
Rally: We the People Weekly Rally, 5:00p.m. - 6:00p.m. (See 9/1)

September 23, Saturday

Community Food: Willimantic Farmers Market, 8:00a.m. - 12:00p.m. (See 9/2)
Skill Share: Outdoor Adventures 101: Learning the Map and Compass, 10:00a.m. - 12:00p.m. Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Info: 860-455-9534 Register: 860-455-9534 jasper.sha@ct.gov
Hiking: Hiking the CT Trails with Jim Giana, 1:00p.m. - 2:00p.m. Learn where to go in CT and info about hiking equipment. 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. (See 9/9)
Skill Share: Plant Essential Oils: Nature’s Extracts, 4:00p.m. - 5:30p.m. Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Info: 860-455-9534 Register: 860-455-9534 jasper.sha@ct.gov
Live Music: Kala Farnham with Glenn Kendzia in Concert, 7:30p.m. \$15. Indie/Folk. The Packing House, 156 River Road, Willington. Call in advance to sign up: 518-791-9474 Info: www.thepackinghouse.us

September 24, Sunday

Walking & Politics: WAPA Walkers, 9:00a.m – 10:00a.m. (See 9/3)
Hiking: Long Distance Guided Hike, 12:00p.m. - 3:00p.m. (See 9/4)
Conservation: Walking Tour of Swan Lake, 3:00p.m. Walk and talk with Professor Robert Thorson around UCONN’s Swan Lake, discussing use and abuse as well as surface and ground water resources. RSVP by 9/20 to Benton@uconn.edu or call 860-486-4520
Meditation: Willimantic Mindfulness Sangha Meditation, 7:00p.m. - 8:30p.m. (See 9/3)

September 27, Wednesday

Skill Share: Two of Six Beginner Fiddle Lessons, 7:00p.m. - 8:30p.m. Free. Old Fiddlers Club of Rhode Island. Danielson. Info: 860-928-6797
Skill Share: Djembe Drumming Lessons, 7:00p.m. - 9:00p.m. (See 9/6)

The Role of Trauma on the Triggering of Addictive Behaviors

By Edmund J. Smith



In offering this essay, it is my goal to address the burning social question of the epidemic of addiction, the subset that represents substance abuse, and its relationship to trauma, most poignantly, the trauma of childhood abuse and neglect. The local community in which this paper circulates has more than its share of tombstone stories brought on by the ravages of substance abuse; and in fact, a whole cottage industry has sprung up around treating substance addiction- though too often the treatment can be as devastating as the illness! To get to the roots of substance abuse is to get to the roots of the addictive impulse itself. Ultimately, this is to confront the trauma that has been inflicted in the formative years.

The presence of addiction has pursued the human race at least as long as there has been a society organized around a complex division of labor and the subordination of one set of people by another. The definition of trauma is the infliction of pain through violent events that may either have been intended by abusive parties, catastrophic illness, or physical accident. In most cases in which people are permanently affected by symptoms of mental illness, it is the role of other people that accounts for the chronicity of the problems. Often these people are the primary care takers of the traumatized, but they also may include others. In adulthood, it is common that the abused person recapitulates the traumas through persons they have chosen who mirror the roles their parents have played in some way. In the language of psychology, this is called transference. But before the story of adult relationships, there is childhood.

It is by no means controversial that the deepest sensory impressions are laid down in the human brain between birth and 5. The evidence of MRIs reveal that important structural changes in the brain take place under the influence of sensory experience, and in the case of trauma, it may entail the witnessing of domestic violence, being subject to violence directly, or sexual abuse, or the litany of mistreatment that goes by the name of emotional trauma, including neglect and abandonment. The child, being radically conditioned by these influences, develops cognitive, functional, and social impairments that continue to be sculpted by the persistence of factors hostile to development; whereas conditions of love, nurturance, and understanding is the appropriate foundation on which to grow. The effects that are noticeable on a conscious level, and which are catalogued in the literature of PTSD, include hypervigilance, impulsivity, night terrors, attentional problems (often taken for ADHD) and labile moods, frequently featuring depression and anxiety. In its early phase, the conditions of trauma in childhood may result in a species of PTSD known as Reactive Attachment Disorder, characterized by a polarized presentation: on one hand clinginess and on the other, hostile rejection: the legacy of a child’s need to feel safe and comforted, yet fostering rage at the caregiver’s betrayal. Untreated, as per the DSM5 (the diagnostic manual used in mental health treatment), this phase of childhood trauma ‘converts’ to other more enduring diagnoses, such as Oppositional-Defiant Disorder, Disruptive Behavioral Disorder, and the set of personality disorders, especially but not limited to Borderline Personality.

As gloomy as the above account of trauma in children is (it is even somewhat depressing to write it!) the good news is that the brain, although subject to the insults listed above, proves wonderfully resilient. And even as these negative influences take quick root in the young brain, so do the restorative experiences the child may have through the good fortune of improved life conditions, more abundant natural supports, timely therapy, and medications, in extreme cases.

In the adult, the situation is often more complex, as the patterns of dysfunctional relationships have already been set in motion, the now- adult becoming enfolded in relationships and behaviors that often repeat the toxic patterns experienced in childhood and generating choices that are themselves contaminated by the distorted thinking to which they were originally subject. In the end, the goal is, as it ever has been, to get free of the pain that has grown systemic. As Dr. Mate writes, referring to the addictive behaviors born of trauma,

“...Such answers illuminate that the addiction is neither a choice nor a disease, but originates in a human being’s desperate attempt to solve a problem: the problem of emotional pain, of overwhelming stress, of lost connection, of loss of control, of a deep discomfort with the self. In

short, it is a forlorn attempt to solve the problem of human pain. Hence my mantra: “The question is not why the addiction, but why the pain.

The outcome of trauma is pain. Mental and physical pain. Usually, the one is accompanied by the other. Sufficient physical pain will create depression, anxiety, and even psychotic symptoms. Conversely, enough emotional distress will result in the internalization of bodily pain and impairment. In seeking to quell this pain, the individual employs any means at their disposal. If there is no intact social fabric that can provide safe and supportive connection, the individual will look to medicine to quiet the hurting self. If the prescriptions legally available are not effective enough, the alternative will be alcohol, narcotics, and various abuses of the prescription drugs.

The function of drugs that reduce pain is to attach to the dopamine receptors in the brain. At the same time, the diminution of pain brought on by the trauma, without accompanying insights that would help the person through it, produces a masking effect that will subside once the person has normalized the dosages and resumes living in ways that block the enjoyment of life. Choices made under the influence of depression and anxiety are often those that protract these very symptoms, because they are born of distorted perceptions; specifically, thoughts that undermine healthy functioning, associated with feelings of fear, shame, guilt, anger, and other negative states. The rewards produced by these drugs keep the user in a desensitized loop and state of craving to use again.

In the cycle of substance abuse, the user lapses into the worst of the trauma feelings once the drug has worn off. It can be compared to a person who was operated on under anaesthetic, and now whose wounds are bared and raw. It would seem that there would be no answer for the addict, in that the pain-relief (or pleasure-bearing) effects of the drug have no alternatives in life in the world. The fact is, though, that they do, but these are valueless if they are not perceived by the user as healthy alternatives. So it is a matter of breaking the cycle of addiction in order to introduce other modes of activity that are able to deliver the same or superior pain relief to that of the drug. Not only pain relief, but something beyond the scope of any drug: meaningful life.

Glasser explores these possibilities in his Book, Positive Addiction. This psychologist, known for his work in establishing Reality Therapy, has ventured that addiction may take one of 2 avenues: it can either furnish individuals with tools for their own demise, or alternatively represent healthy outlets for well-functioning, while conferring pleasurable outcomes. Among these would include, art, physical exercise, human love, and spirituality. Transitioning to these targeted activities requires the cessation of the negative addictions, so once again we face a paradox. The key to this paradox might lie in the realization that there must in fact be a transition from the very point of ending the negative addiction. There can be no going forward without the immediate application of one or more of these positive elements.

The problem of addiction runs deeper than the problem of substances, however. The thing to which we become addicted can vary from individual to individual, depending on their particular characteristics and life circumstance. Dr. Mate explains it thus:

‘Not only is the urge to escape pain shared by all addicts, substance users or not, the same brain circuits are involved in all addictions, from shopping to eating to dependence on heroin and other opioids. The same brain circuits, the same brain systems involving pleasure and reward and incentive, the same neurochemicals—not to mention the same emotional dynamics of shame and lack of self-worth, and the same behaviors of denial and dishonesty and subterfuge.’

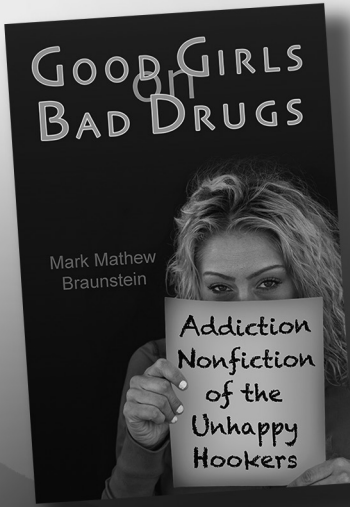
What are these ‘positive elements’ and how do we access them? In meeting this question we are met with a paradox, that of the unmotivated individual. Through the damage done to self esteem and a bleak outlook bred by a history of despair, the individual is greatly challenged by the very concept of deserving a better life. The effects of shame and guilt stand as real barriers for many who would otherwise benefit by the pursuit of loving community, a re-thinking of one’s life-path, and an orientation towards the ‘care of one’s soul’. How does one break out of the cycle of trauma and addiction to make use of the many tools available to change the life of body and mind from a joyless ride to a ride at least worth the price of admission?

Ed Smith is a licensed social worker and serves the community of Windham and surrounding areas. Contact him at mediamonds2006@gmail.com

September 29, Friday
Rally: We the People Weekly Rally, 5:00p.m. - 6:00p.m. (See 9/1)

September 30, Saturday
Community Food: Willimantic Farmers Market, 8:00a.m. - 12:00p.m. (See 9/2)
Festival: The Downtown Country Fair, 10:00a.m. - 4:00p.m. Free. Music, crafts, food and games on Jillson Square, Willimantic. Info: www.willimanticfood.coop
Community Food: Storrs Farmers Market, 3:00p.m. - 6:00p.m. (See 9/9)
Live Music: Don Braden, Trio of Liberty, 7:30p.m. \$30. Jazz. The Packing House, 156 River Road, Willington. Call in advance to sign up: 518-791-9474 Info: www.thepackinghouse.us





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Mark Mathew Braustein

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in our two casinos,
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One chapter,
one life.
And often,
one death.

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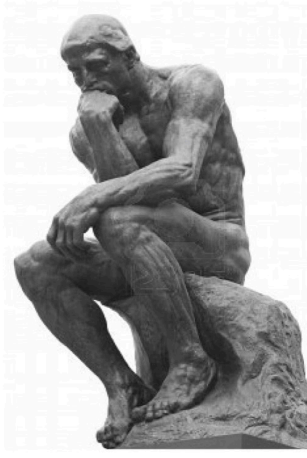
The Think and Do Club Wants You

Submitted by Edmund Smith

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

What kind of things do we talk about?

To date, we have discussed such wide-ranging topics as global warming, evolution, the nature of consciousness, the political economy of banking, the origins of the universe, and racism. We have also begun to explore the formal branches of philosophy, such as metaphysics and epistemology. But we are not limited to any one discipline



or topic, because life itself.. philosophical! So join us!

We meet monthly. Please contact us for next date and site. Thank you.

Like us at <https://www.facebook.com/CTThinkAndDo/?fref=ts>

Contact us at mediamonds2006@gmail.com or 860-895-7413

Next meeting of the Think and Do Club: Friday, Sept. 1, at the Buchanan Auditorium next to the Mansfield Library 6:30-9:30pm.

Ye Olde Lebanon Towne Militia and the Lebanon Historical Society
invite one and all to a



Revolutionary War ENCAMPMENT

Saturday, September 9 & Sunday, September 10

Held on the Lebanon Historical Society grounds at 856 Trumbull Hwy.

Continental Regulars and British Infantry will join several militia units in settling up camp, Reenactors will demonstrate their trades while the ladies and children tend to chores.

Sutlers, including a potter, blacksmith and general goods merchants will sell reproduction colonial wares. Military units will demonstrate tactical drilling with muskets and artillery on the Green.

**Admission to the encampment and
all demonstrations are free.**

Saturday, September 9, 2017

Up to 10:00am Set-up of camp (For participants only)

10:00am Firing of the morning gun, reveille
and flag raising.

CAMP OPENS TO THE PUBLIC

10:30am Demonstrations of cannon and musket
firing on the green.

All day Artificer and cooking demonstrations
in the Beaumont House and outbuildings of the Historical Society.
11:00am 18th Century Recruiting Event-Children will be drilled as
Militia recruits.

11:30am Officers Call -Lebanon Militia's Officers Tent.

12:00pm Nooning.

1:00pm Artillery Demonstration on the Green.

18th Century Fashion Show at the Beaumont House.

Skirmish between Colonial and British Forces on the Green.

Camp closes for Dinner.

Candlelight Tour of the Encampment.



Sunday, September 10, 2017

11:00am Firing of the morning gun, reveille and flag raising.
Camp opens to the public.

All day Artificer and cooking demonstrations in the Beaumont House
and outbuildings of the Historical Society.

11:30am Officers Call -Lebanon Militia's Officers Tent.

12:00pm Nooning.

1:00pm Demonstrations of cannon and musket firing on the green.

2:00pm Skirmish between Colonial and British Forces on the Green.

4:00pm Tattoo—Camp closes to the Public.

Lebanon Historical Society

MUSEUM & VISITORS CENTER

856 Trumbull Hwy Lebanon

For more information call 860-642-6579

or email museum@historyoflebanon.org or visit our website

www.historyoflebanon.org



These photos were taken at this year's Brooklyn Fair by Dennis Pierce.



**WITH A STROKE,
TIME LOST IS BRAIN LOST.**

If you suddenly have or see any of these symptoms, call 9-1-1 immediately:
Numbness or weakness of the face, arm or leg, especially on one side of
the body • Confusion, trouble speaking or understanding • Difficulty
seeing in one or both eyes • Trouble walking, dizziness, loss of balance
or coordination • Severe headache with no known cause

Learn more at StrokeAssociation.org or 1-888-4-STROKE.

The GALLERY @ 34 NORTH

The Gallery @ 34 North invites you to view
“Over the Years”



Gentle Summer Stream by Priscilla Squier



Girl with book by Donald Squier

Artist Priscilla Squier
will feature paintings of
Africa and Grand Manan
among other subjects.

The show will also
show examples of Squier
family art over four
generations from 1920s
to 2017.

**Opening
Reception
Saturday
Sept. 9th
4:00 - 7:00**

**Exhibit runs
Sept. 2nd - 29th**

Tuesday - Friday: 10:00 - 5:30
Saturday: 10:00 - 4:00

The **GALLERY @ 34 NORTH**
34 North Street
Willimantic, CT 06280

Contact: Claudette Marshall
CADMarshall Framing
(860) 617 - 5422