

Neighbors

No. 152 Serving the inhabitants and environment of northeastern Connecticut and beyond



9.21.17 Ray 'The Captain' Chaput and Liz Gamache at Willimantic's last Third Thursday Streetfest of 2017.
Pete Polomski photo.

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A Letter from Jean-



Yes, I made it past my 93rd birthday. Not quite the 101 of my mom, but Thank You! It's been a great one! I was born May 5th, 1924 in Washington, CT to loving parents and a large Swedish family of aunts, uncles, and cousins.

After graduating from high school I held some great secretarial positions from CT to Colorado to California, ending my career with 26 years at UConn. I served as an Air Raid Warden during WWII while working in Stamford,

CT. I've been lucky to travel - to meet people from different backgrounds, share conversation, friendship, hospitality, recipes, food. I enjoyed the honor of being president of the Ashford Senior Center for 10 years and took 8 years of karate lessons ending at age 85!

My 2 marriages gifted me with four wonderful children - Barbara Dennis, Geri Messinger, Lesley Gebbie & Paul Alcorn. They are all happily married and have loving families of their own. You all know I love you! I loved wearing jewelry & hats and gathering friends together for fun, food, and lots of laughter! My gift of creativity brought people together for crafting, knitting, social & community endeavors. Together we made hundreds of blankets for "Hole in the Wall Gang", crafts for local nursing homes and my specialty and passion, knitting children's sweaters! I've been blessed with many Friends, some I hold so dear, there are no words, except I love you and thank you.

At times I have felt that God might not be watching me as closely as I hoped but on reflection I know everything in my life has happened for a reason. My later years have been my best, so never give up on your spirit or your humor as it will always guide you to your happiest self! Who knows what lies in the future but I hope it will always bring people together for fun & laughter. My favorite quote remains "Life is a party and I'm so glad I was invited!"



This letter was composed by Jean C. Alcorn of Storrs, who passed away, August 14, 2017, surrounded by her family on a beautiful summer evening. A gathering for her family and friends was held at the site of her annual craft fair, St Phillips Center, Ashford, CT, on September 22nd. The photo of Jean (at left) and her favorite mariachi band, 'Fiesta del Norte' was taken during the 2016 Ashford Summer Concert Series. The photo of two of Jean's daughters and the band was taken at the gathering. Both photos were taken by Ashford resident Nord Yakovleff.

The Neighbors Paper
Locally Written
Locally Wread

A little paper
Big on community.

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

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

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

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Partnership or Annihilation

By Loretta Wrobel

Let’s face it. Our system is not working. Or it appears to be working for a select wealthy few who only value accumulating money and power. Mainly, I hear people expressing despair and fear. Fear of the Russians, fear of North Korea, fear of losing what little they have, and fear of the next terrorist attack. Add to this mix the fear of monster storms bearing down on the vulnerable, and the economic devastation from catastrophic weather events. We are witnessing confusion, unease, and a loss of trust.

We exist in a patriarchal system which is no longer viable. The win/lose paradigm, where one side wins and one loses, causes dysfunctional results. It is time for a more inclusive system that respects all parties and reflects the diverse and complicated world we live in.

It is urgent. We must purge ourselves of patriarchal domination, abusive power and greed. Making an evolutionary shift to a partnership system where sharing, nurturing, empathy and acceptance prevail is critical to our survival. The conquest mentality, embraced by leaders in our present system, is destroying our lives, health and environment. Expanding towards a caring value system changes our focus to strive for equality and positive regard for all.

The first step is to examine our value system. Do we value conquest, controlling, violence, and “might makes right”? Or do we honor the diversity of life, the natural world, nurturing, caring, social justice and sharing? In this age of rapid technological advances, if we continue on our present track, we could end up at a dead-end.

Recently, I had the good fortune to learn from wise women elders Riane Eisler, Barbara Max Hubbard, and Brooke Medicine Eagle. These inventive women offered me direction, guidance and support to navigate these disturbing times. The shocking accounts of police brutality, rampant shootings, leaders offering violence as the solution, and rising terror throughout our world had me stunned and traumatized.

Barbara Max Hubbard visioning evolutionary governance and Riane Eisler outlining caring economies within a partnership system offer hope and possibilities. Brooke Medicine Eagle, Native American Elder, tantalizes my spirit discussing the women’s elder lodge where children, animals and all creatures count because love and respect for all things are the guiding principles. Our culture values busyness and accomplishments. Until we stop, are silent, and listen, we are unable to conceive of a just and equal society. The patriarchal chokehold limits us as our energy, creative impulses, and free time are stolen. We are programmed more and more to dance to the beat of acquire, destroy, and dominate. As a culture, we are out of balance, out of control, and out of our minds.



Chillingly, the ever-increasing violence raises its ugly specter again and again. Is the purpose to make us immune to the horrors by repetition so that as a people we are incapable of reacting? Violence is socially sanctioned and deference is given to the strongman rule. Eisler maintains that only by taking time to reimagine our beliefs and focusing on nonviolence, empathy, and partnership can we break free of patriarchal thinking. In a partnership culture, gender equality, meaningful work, caring for people and caring for our environment are foremost. In shifting to a peaceful, balanced social and economic system, the dominant mode of destruction, cruelty, inequality, and power over in our present system is dismantled.

All three of these elders speak of the importance of coming together in women’s circles to vision, support and open to our evolutionary impulse to create. As we live longer, there are more postmenopausal women, who can use these bonus years to dream of new possibilities. This revolutionary paradigm can seed itself in germinating out-of-the-box thinking. The shift in constructing societies where connection, love, nurturing, respect and inclusion are the foundations, allows for a sharing system. Within this system the work is for the whole, benefits all, and everyone has value, not just the rich white man, CEO, or political leader.

How does this sound to your exhausted and demoralized mind? In this time of insecurity, bickering and irrational actions, fresh solutions are indispensable. We all have seen pictures and heard stories of the recent destructive storms. We have witnessed the cruelty towards persons of color, old people, children, and people who are seen as outsiders. We have all heard the intolerant statements of leaders who are attempting to bully the rest of the world in order to have “their way.”

Can we begin to use our intelligence and softness to make transformational realignments with how we function in our relationships and within our social and economic systems? How to change our mindset to honor and respect our environment? Do we engage with a sense of sharing and learning and creating a better world, or do we grab what we can for as long as we can, regardless of the damage done?

One taste of a possible alternative economic structure is the concept of worker co-ops, a profound departure from the top-down patriarchy. Today’s CEOs can earn up to 800 times more than their employees. Worker-owned co-ops are based on employee consensus. Wages can be equalized, and shared ownership results in better decisions for all. Shared ownership creates jobs and wage stability. A radical deviation from our present corporate regime.

Let’s peer into brazen possibilities rather than being frozen by fear, despair and powerlessness. Together we can cook up some imaginative solutions to the life-draining systems and institutions that our culture idolizes. Let’s get going, now!

Titanic Extravaganza at Jillson House

Submitted by Noah Goldzer

This autumn, the Windham Historical Society will be presenting Willimantic Mayor Ernest Eldridge’s Live RMS Titanic Exhibit. The event will run every weekend between Saturday, September 23nd and Sunday, November 5th at the Jillson House Museum, located at 627 Main St. in downtown Willimantic. Eldridge’s exhibit marks the fifth major event to be hosted by the society this year, in its rejuvenated effort to commemorate the 325th anniversary of the founding of Windham Township.

Having previously been performed for local schools, libraries and even the National Toy Collector’s Association, Mayor Eldridge’s exhibit looks to be right at home in the spacious kitchen, living and dining rooms of the Victorian-age Jillson House. There, guests will be privy to a collection of artifacts pertaining to and from the actual vessel, RMS Titanic, the infamous passenger liner once billed “unsinkable” which struck an iceberg and sank on her maiden voyage across the Atlantic Ocean in 1912. The exhibit is curated by the mayor himself, owner and operator of

“Eldridge Auctions” in Willimantic. “The rarest piece,” the mayor says, “is one of the Titanic’s deck chairs. It was found washed ashore at Nova Scotia three days after [the Titanic sank] and is one of seven we know is still around.”

But there is more to the exhibit than just its antiquities. An elegant gala will also be held by the Windham Historic Society on Sunday, October 1st, from 2 to 4PM. A ten-dollar admission secures attendees a seat for a fully-costumed reenactment of life aboard the Titanic by Eldridge and his wife and fellow auctioneer, Anita Sebestyen. Wine, champagne, non-alcoholic punch and a smorgasbord of cheeses will be served as befitting first-class passengers aboard the luxury ocean liner. “Everyone that comes is part of the experience,” said Eldridge. “It’s a living exhibit and we like to include guests in our skits and reenactments.”

When asked for comment, the museum’s director, Ron Black, replied



on behalf of the Windham Historical Society. “We are really looking forward to the Titanic exhibit at the Jillson House,” said Black. “We are hoping to engage with the community and bring new people into the museum to experience not only the history of the Titanic, but the history of Windham, Willimantic, and the Jillson family.”

Admission to the event at large, from September to November, costs five dollars but is free to children six and under. Weekend hours for the Jillson Museum are 10AM – 3PM on Saturdays and Noon – 3PM on Sundays, though subject to change after the close of the exhibit. Please consult the website (<https://www.windhamhistory.org/>) for more details.



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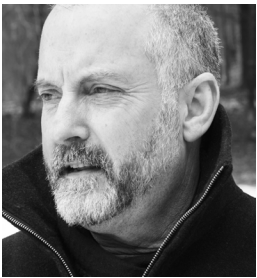
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All About Mushrooms

By C. Dennis Pierce

“If you don’t know where you are going any road can take your there.”

Alice in Wonderland
– Lewis Carroll



This quote really captures my recent Saturday adventure as I joined Connie Borodenko, a member of the Connecticut Valley Mycological Society, as we tramped through a local state park in search of delectable, locally grown, edible mushrooms. I have always been interested in learning about local mushrooms. During my years as a chef I was always eager to try out new mushrooms that came from my produce supplier but I never ventured into the search of local edibles, properly cleaned and then ending as an ingredient in a dish or just a star all on its own.

It started out a cool morning, as the dozen or so of us who signed up for the tour with the Connecticut State Museum of Natural History, arrived at our meeting place. It was a typical early fall morning where the road was wrapped with fog and clouds threatened rain. When Connie arrived, after an hour long trip from Hartford, she wore a worn tee shirt with a display of mushrooms and she was juggling posters of mushrooms, an armful of books and muttering about the traffic. We knew we were in good hands.

A week before I saw the advertisement for the tour and it captured my eye when I read, “Discover the startling, colorful, and sometimes delicious, and sometimes deadly, world of mushrooms and fungi.” Local mushrooms always scared me. Since several mushrooms that are poisonous looked very similar to those that can be eaten I have always stayed away from plucking one out of the woods behind my house. So now is the best time to warn all readers...DO NOT – EMPHASIS... DO NOTgo and pick mushrooms unless you have been shown what to look for, learned how to do a spore test and even then when you have the experience limit yourself to only a few that you have confidence in. Also, do not eat wild mushrooms raw.

Connie started with a thorough introduction about poisonous mushrooms. The kind that if you eat you can say goodbye to your liver. She then moved on to an explanation on how to do a mushroom spore print and how these can be used to compare information in mushroom books which can help you identify each species. During our walk we identified boletes, blewits, morels and puffballs. All edible mushrooms can either be dried or frozen. Clean the freshest mushrooms you can find. Avoid any mushrooms with dark spots, any that are shriveled and any that have an unpleasant odor. Chop the mushrooms into slices or dice them. You can always chop them up smaller when you use them. For now, just aim for pieces that are no more than 1/2-inch thick. Spread the mushroom pieces in a single layer on a

cookie sheet or large plate. It is okay if the pieces touch, but they should not overlap. Freeze for 2 hours. Transfer the frozen mushrooms to freezer containers. Because they were frozen in a single layer first, the pieces stay loose and individual in the containers. Grocery store button mushrooms, shiitakes and wild mushrooms including oyster, chicken of the woods and tooth mushrooms have a better texture when you finally use them if they are cooked before they are frozen. Clean the freshest mushrooms you can find. Avoid any mushrooms with dark spots, any that are shriveled and any that have an unpleasant odor. Chop the mushrooms into small pieces or slivers that are less than 1/2-inch thick (you’ll be cutting them up into smaller bits than for the raw method). Heat a little oil or butter in a skil-



9.16.17 Connie Borodenko, a member of the Connecticut Valley Mycological Society, conducting a mushroom workshop. The University of Connecticut State Museum of Natural History sponsored the event at one of the local state parks.

let over medium-low heat. Add the mushrooms and cook, stirring often, until the mushrooms first release their liquid and then reabsorb it. You can also prepare the mushrooms by steaming them first. Wait for the cooked mushrooms to cool to room temperature. Transfer the cooled mushrooms into small freezer containers that are no larger than 1-cup size. Alternatively, put the mushrooms into freezer bags in a layer not more than 1/2-inch thick. Store the freezer bags horizontally. What you’ll end up with is a frozen mushroom “pancake” that you can easily break up into pieces to take out only what you need.

If you are interested in learning more about identifying mushrooms Connie recommends checking out the Connecticut valley Mycological Society at <http://www.cvmsfungi.org/index.html>

Nontraditional, edible mushrooms can now be found in most grocery stores. Several years ago, while at a conference in Dallas, I had the opportunity to try out the following dish. It takes a little effort but it is well worth the time.

Sautéed Mushrooms over Cheesy Polenta
Makes 4 servings

- Ingredients:
- Mushrooms –
3 tablespoons of olive oil
2 sprigs of fresh rosemary
1 tablespoon chopped shallots (or onions)
1 cup of shitake mushrooms, stemmed and cut in ½’s
1 cup of oyster mushrooms cut in ½’s
½ cup white wine
Salt and freshly ground black pepper
1 pinch of dried red pepper flakes
1/3 cup of chopped fresh parsley leaves
Polenta –
4 tablespoons of olive oil
½ cup chopped sweet onion
1 tablespoon chopped garlic
32 ounces of chicken stock
¼ cup chopped fresh oregano leaves
¼ cup of chopped fresh basil leaves
16 ounces of instant polenta
1/2 pint of heavy cream
1 cup grated fontina cheese
Salt and freshly ground black pepper
1/4 cup grated parmesan cheese
2 tablespoons minced chives



Directions:

- Mushrooms –
Heat the olive oil in a saucepan over medium heat.
When oil is hot add 2 springs of rosemary and cook for 2 minutes
Remove rosemary and add shallots.
Cook shallots until translucent
Add mushrooms and sauté about 6 to 8 minutes
Stir in white wine and simmer for 3 minutes
Add 1/4 teaspoon of salt and 1/8 teaspoon of black pepper and simmer for 3 minutes
Stir in a pinch of pepper flakes
Polenta –
Heat the oil in a saucepan over medium heat
When oil is hot add onions and sauté for 5 minutes
Add chopped garlic and cook for 3 minutes
Stir in chicken stock and bring to a boil
Add oregano and basil
Slowly add polenta while stirring constantly until polenta thickens
Stir in heavy cream and fontina cheese and mix until smooth and creamy
Season with salt and pepper
Place polenta in a preheated serving dish
Top with chives and parmesan cheese

Add mushrooms over the top of the polenta and sprinkle fresh parsley over the top and serve

As I end this column I will leave your with a quote from Henry David Thoreau, “Nature will bear the closest inspection. She invites us to lay our eye level with her smallest leaf, and take an insect view of its plain.”
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.

Gardiner Hall Jr. Museum Is About Willington History

By Pamm Summers

The Gardiner Hall Jr Museum and Willington share a rich history from 1861 to it’s halt in producing threads in the 1950’s. One hundred years of prosperous times, wars, economic downturns, political upheaval, society’s changes have been felt by the people who lived here and worked in the mill.

Improvements to the machinery used in the mill, by Gardiner Hall Jr., meant new patents and design improvements that benefited thread mills everywhere. During war times the Hall Mill produced suture threads that was used on the battlefields of Europe. When the Great Depression dev-

astated the United States the Hall Mill was able to employ over 130 people, when other businesses closed shop and unemployment was the norm. Willington and its population benefited from the operation of the Mill and as the it grew so did the town.

William Henry Hall was active in politics and held elected offices in Connecticut. Because his interest lay in politics and not in the operation of the Mill this opened the door to Rosa Hall to step in and take over the business. A woman running a business of this size was not common place at that time. Ms. Hall was a forerunner in the advancement of women’s rights and the suffrage movement. Rosa Hall was instrumental in the building of the Hall Memorial

School in Willington as well as the Clara Hall Elliot Memorial Church.

There is this and so much more to learn about how the growth and development of Willington intertwined with the Hall family and their Mill. Please stop in on Wednesdays from 9:30am until 11:30am to learn about this remarkable period in our local history. If you have any artifacts you like to put on loan or donate to our museum please bring them along and share their story with us.



Starting December 5, 2017 the Museum will be open on Tuesdays from 9:30am until 11:30 am and closed on Wednesdays.



Left – Dad’s father, Grandfather Morgan, his father was a Union sympathizer. Right – Mom’s mother; “Nana” Wall; her father was a Confederate soldier. Contributed photos.

Grandfather Morgan and the Ku Klux Klan

By Chuck Morgan

Grandfather Wright Morgan died before I was born. He himself was born in West Virginia, grew up there, moved to the Bronx, then to north Louisiana in the 1920s to be superintendent of a plant that produced carbon black for use in making tires. Dad, who worked at Grandfather’s plant, told me that Grandfather had been threatened by the Ku Klux Klan for hiring black workers at the plant. I was young at the time Dad told me this, and regrettably never learned the details. The only thing I know is that Dad said that Grandfather refused to let the workers go. Dad always seemed proud of his father about this incident, and rightly so. During the Civil War, our Morgan ancestors lived on farms on and near the roads running down the Shenandoah valley between Winchester VA and Martinsburg WV. The valley was the primary invasion route for Confederate soldiers to the battlefields of Maryland and Gettysburg, Pennsylvania. Grandfather Morgan’s father owned a farm on this route, and lived there with his father Morgan Morgan, his wife Mary, and his four young children (Grandfather Morgan was not born until after the war) . I have been told that the family were Quakers. During the war his residence was visited by both Confederate and Union soldiers who carried off or destroyed property claimed to be worth \$20,000. On one occasion Confederate soldiers threatened to carry off the elder Morgan, who was in his 70s and frail health, and punish him for his “Union Principles”. The elder Morgan’s daughter-in-law, Grandfather Morgan’s mother, went to General Lee, encamped at a nearby farm, and complained about the conduct of these Confederate soldiers. She was greatly pleased by her reception by General Lee, and by his response, which was to order a detail of Confederate soldiers to protect the farm and arrest any soldiers who were misconducting. But I must tell you “the rest of the story”: Grandfather Morgan’s mother had a brother named Francis Silver. He was a Confederate cavalryman wounded fighting in J.E.B. Stuart’s regiment.

In recent years, I have found that I also had a Confederate ancestor. The ancestor was Thomas Jefferson Heath of Union Parish, Louisiana, on the Arkansas border. Union Parish then had a population of around 14,000. It was largely settled in the 1850s by immigrants from other southern states who purchased small acre allotments from the federal government. There were no large plantations and few slaves. In 1862, about age 25, Thomas Jefferson Heath was one of about a thousand men from Union parish who joined the Confederate army. He enlisted into the 31st Louisiana Infantry Regiment. At the time he had a wife of one year and an infant daughter,. Later he had another daughter born during the war. For an unknown reason he was sent home on detail and joined a heavy artillery unit,

then transferred to a cavalry regiment. As a Confederate soldier he served as a tanner, teamster, and artillery cavalryman until his unit surrendered near his home at the end of the war. I learned of his Confederate service when I ran across his 1913 application for a pension from the State of Louisiana, when he was about 75. In the application he states his business is “farming makes barely a living.” He also states his property is assessed at \$600. At the time he was able to sign his name to the application, but the application itself was completed in another hand. In subsequent documentation he makes only a shaky “H” to sign the letters written on his behalf. He was finally granted a pension of \$8 per month in 1915. He died in adjacent Ouachita Parish in 1925, aged 87. He was my Grandmother Wall’s father. I have many childhood memories of visiting my grandmother “Nana” Wall in Ouachita Parish. She lived to hold our first son, her first great grandson. How I wish now that I had asked her to tell me about her father. But in all the years I knew them, neither of my Wall grandparents ever mentioned the Civil War that I can recall.

This is the rather unremarkable record of my connection with the Civil War. The only other thing I remember is Dad telling me about his Uncle George Legg who, as a boy, sold milk to soldiers at the battles around Winchester VA.

As unremarkable as this connection is, I honor it as a link to our American past. I don’t know why or how Grandfather Morgan defied the Ku Klux Klan. I don’t know why the West Virginia Morgans were pro-Union. I don’t know how my great-great-grandfather Silver felt about slavery, even though he had slaves, and he had a son wounded in the Confederate army. I don’t know why Thomas Jefferson Heath volunteered as a Confederate soldier. I don’t even know if he was ever engaged in a battle or skirmish. Other than a few census records, his pension application, and a worn metal spoon that belonged to him, I know nothing. I imagine that I would have liked some of these ancestors, and probably disliked some. But I do know that I respect them as ancestors who played a part in something far larger than themselves.

So, what does that have to do with me writing this article for *Neighbors Newspaper* in northeast Connecticut? Well, Windham is my home. I’ve lived here for over 35 years and have no intention of leaving. I suspect that right here in Windham, and certainly in Connecticut, there are numerous other citizens, black and white, who also have ancestors who had a similar connection to the Confederacy. It seems to me that the memory of this connection is worth cherishing and keeping.....if nothing else, as a reminder of how far we have come.



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More Stories from the Spring at Cassie Park

By David Corsini

Because I find it interesting to talk with people who come to collect water from the spring at Cassie Park in Willimantic, I have continued to stop there. While I typically begin my conversations by asking people about why they come to collect this water, the conversations frequently go off in other directions.

One day a man from Columbia came with 8 boxes, each holding six, empty gallon- sized ice tea containers. It took quite a long time for him to fill the 48 containers and we talked. He told me his well water had lots of sediment and didn't taste good. He had looked into a reverse osmosis system which turned out to be too expensive. As we talked, he shared that he suffered from arthritis--- knee problems in particular. He had considered an operation for his knee but had dismissed that possibility. He went on to share how he had found a group of "natural" remedies that had allowed him to stop the use of pain relieving pharmaceuticals. He was taking aspirin, turmeric and some other herbs he could not remember.

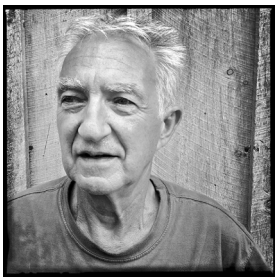
Since water weights about 8.3 lbs per gallon, each of his boxes containing six gallons weighed close to 50 lbs. After moving five of his eight boxes to his car, he looked at me, smiled and shrugged. He was pretty pooped. I hope his knee didn't act up later. As my appointment for an epidural shot for my back pain was imminent, I probably should have been more persistent in getting the names of his "magic" remedies.

On another day, a man, that I estimated to be in his late 40s, stopped. He told me he was 6' 4" and, it looked to me, that he weighed over 250 lbs. He said he had city water at home but he thought the pipes in his house were bad and the water didn't taste good. He had been drinking this spring water all his life. He then proceeded to tell me about an athletic feat he had performed when playing basketball for Windham High School. He described it as a fantastic play that had never been duplicated. He began his move to the basket at the top of the key, made his way through two defenders and ended with a dunk. It clearly was his moment of glory and one over which he and his friends have reminisced many times. For years he has been asking around, in hopes of finding someone who might have captured this moment on video. I too have moments of athletic prowess that are only in the video of memory. But I did not share mine with him.

On occasion people told me stories that seem unbelievable. For example, one man told me that his grandparents with four children, one of whom was his mother, had lived on a farm nearby. One year their well went dry. The grandparents would come to the spring to fill up a 55 gallon barrel. He claimed they lifted that onto a truck. I know that "back in the day" farmers were strong but I rather doubt that the couple could lift 450 lbs. I imagine they might have had a 55 gallon barrel on a truck but I suspect they filled it with the aid of small buckets.

The modern day version of gathering a large amount of water was told to me by Dr. Carlson, the scientist from ECSU that has studied the spring. She told me one day she encountered a man who was collecting water for his hot tub. He had a big tank in the back of his truck and a battery operated pump that filled this tank from a small collecting bucket being filled under the spout of the spring. At home the man would then use the pump to get the water from the tank in his truck to his hot tub. I have not yet heard of someone collecting water from the spring for their backyard pool, but I would not be surprised to hear of it.

On another day, a man in his late 30s stopped with a large cup from a fast food shop. He dumped out the contents and filled it with water. He told me he had asked for seltzer water and they had given him Sprite. In disgust, he told me that he had not had sugar in 6 months. He mumbled something about going to an alternative medicine person who told him to stop eating sugar. Now he just eats meat and vegetables. I did not ask him to elaborate. He wanted to know what I was doing and I showed him a copy of *Neighbors* and told him I wrote stories.



He then told me that he had some stories he would like to write or have someone help him write. He then proceeded to tell me two rather convoluted stories. The first one, much of which he seemed to be making up as he spoke, took many twists and turns with multiple contradictions. The gist of the story involved people who were searching for a free Christmas tree and decided to dig one up from a cemetery. When they set up the tree at home, faces of people began to appear in the branches. It was an elaborate story that took some time in the telling. The second story also had a magical theme. His stories reminded me of a ghost story that my brother-in-law, Alex Calvo, had made into a film called House of Dust. I told my current story teller about the film and offered to send him a link to my brother-in-law's website. Later I sent him the link and was thanked. I just hope he doesn't look me up to write his scripts.

Then there was a man who immediately described himself as a "homeless vet". Quickly he added that no drugs were involved. He indicated that he was homeless by choice and about to leave the area. He had come to the spring to collect water for the tank in his camper. He liked to talk. He told me he had no definite plans except for a first stop in upstate NY where his son lived. He was a Vietnam era vet but had never deployed. He spoke about how misguided that war had been.

He described himself as an independent, self-reliant man with many skills who had done many jobs in small manufacturing companies. Unfortunately, most of the companies had closed. He had also worked in construction. In construction he said he used to make \$25 an hour but that changed until he was lucky to find a job paying \$12. He claimed that the wages for these jobs had definitely been lowered by the availability of immigrant labor. He wasn't so much against

immigrants as about the policy of letting them in. In our conversation issues of pensions, additives to water, political corruption, and the legal system came up. He was highly opinionated and very critical but well informed on many topics. He was sorry to be leaving CT but saw the economic conditions here as bad. And he also saw things as deteriorating all over the country. He sure liked to have someone that listened. When he left, I thought I should have asked him if he had voted and if so for whom. My guess is that he was a Ron Paul supporter.

My project at the spring has stimulated some research that has disabused me of some beliefs and exposed me to water issues about which I had been unaware. For example, a few people came to gather water for their aquariums. They believe that the chlorine in the city water would kill their fish. I had believed that chlorine in water evaporated if left to sit for a day. I even told a few people of my belief. But when I checked "How to remove chlorine from water" on the Internet, I was somewhat dismayed to learn that years ago water treatment companies had changed the process for killing dangerous microbes in water. Water companies now use chloramine instead of chlorine. Chlorine evaporates quickly but chloramine doesn't. If anyone comes back to complain that they lost fish in their aquarium because of my advice, I hope they like goldfish. I have plenty of extra goldfish in my backyard pond to offer as replacements.

Most people were happy with the spring water "as is" and didn't think much about where it came from or what it might contain. But some people put the spring water through additional filters or stored the water on magnetic pads before use. On the basis of some comments about water, I pursued more information through exploration on the Internet and other sources. For example, what are the benefits of magnetized water, what do various water filters really filter out, how does reverse osmosis work, and how dangerous is fluoride and other additives in city water? As I pursued some of these issues, I often felt like Alice through the looking glass. As Trump once said: "Who knew it was so complicated?" I will continue to stop to talk with water gatherers as many conversations are interesting and maybe I will also learn a thing or two.



Events at UConn's Benton Museum

Submitted by Maripaz Shaw

All events held at:
The William Benton Museum of Art
University of Connecticut
245 Glenbrook Road, Storrs, CT

Family Day: Interactive Art Project

Saturday, October 7, 2017
11:00am – 4:00pm

Become part of a meaningful interactive art project. For all ages. FREE.

Artists Susan Hoffman Fishman and Elena Kalman will be creating an interactive public art project, The Wave, celebrating water and its vital function in our lives. How Does "The Wave" Use Art to Emphasize Our Global Connections to One Another?

Because we, the inhabitants of the world, all share the oceans and fresh water sources that sustain life on earth and provide a source of recreation and livelihood, we are intimately connected to one another. We are all impacted physically, politically and economically by natural disasters and climate changes that alter access to water and endanger human health and well-being. Morning mist rising from a pond in New England can become a part of a tsunami wave in Asia or an ice crystal on an Antarctic iceberg. A hurricane devastating the coastal waters in the Gulf of Mexico can result in a dramatic disruption to the food supply across the continent of North America. When we pollute ocean waters off the coast of Australia, acid rain falls on African plains.

As The Wave travels from site to site and new sections are added to those that came before, the notion of connectivity and joint responsibility becomes more and more apparent. New participants are inspired by seeing what was created before them as they add their own contributions to the ebbing and flowing wave.

Educational materials about water and global water issues as well as information on opportunities for involvement in existing local and national programs related to water will be available.

Since Sept. 11, the wave has been installed in 23 museums, galleries, schools, festivals and parks in several states. You can find more about the project here: <http://www.make-a-wave.org>

Living in Frames: Gendered Spaces

Opening Reception: Thursday, October 19, 2017
4:30pm - 6:30 pm. 5:30pm Remarks by Francoise Dussart
Cash bar hors d'oeuvres and live music.

Exhibition on view through December 17, 2017

This exhibition was curated by students enrolled in Anthropological Perspectives on Art taught by Professor Françoise Dussart (Spring 2017) at the University of Connecticut. The student co-curators are: Stephanie Abadom, David Attolino, Sarah Castleberry, Hannah Einsiedel, Alexa Every, Jocelyn Hernandez, Esther Kang, David Lagace, Kevin Mendoza, Conor Merchant, Hayden Miller, Beth Park, Bruno Perosino, Catherine Ramirez Mejla, Lily Shih, Mackenzie Tarczali, Abdul Vanadze, Daphnée Yiannaki. The William Benton Museum of Art is proud to collaborate with students and faculty to provide engaging learning experiences.

Upstream/Downstream: A Talk By Artist Vibha Galhotra

Tuesday, October 24, 2017
6:00pm Reception
6:30pm – 7:30pm Talk

UPSTREAM/DOWNSTREAM Vibha Galhotra is a New Delhi based conceptual artist whose large-scale sculptures address the shifting topography of the world under the impact of globalization and growth. Her work dwells between belief and reality, public and personal, science and spirituality, personal and public (common). The tradition-based beliefs about our environment stimulate her to compare the former with the present state of the environment in the age of Anthropocene and the latter's impact on human health. Being an artist, Galhotra believes that aesthetics and art can be a starting point towards addressing the adversities of the present and bringing in change. Her work, consequently, crosses the dimensions of art, ecology, economy, science, spirituality, and activism. While she claims that she is an artist and not an activist, her work, however, is imbued with social responsibility. Co-sponsored by India Studies at the Asian and Asian American Studies Institute.

Peaches

By Delia Berlin

About four years ago, David and I downsized to the Alvin W. Maxwell house, a 1930 Tudor revival home in the hill section of Willimantic. To make it our home, we added a first-floor bathroom and laundry, insulated walls and attic, and made many other renovations, energy upgrades and cosmetic improvements. This is our third home and also the oldest in our 35 years together.



Although the renovations took money, one of the most expensive decisions we had to make was the removal of two majestic oak trees. The trees were almost 100 feet tall and their “late sibling” had come down without warning during storm Sandy, crushing part of our neighbors’ house. That had taken place long before we bought the house, but a huge rotting stump was a grim reminder of that event and also a nagging omen of what inevitably would happen to the two remaining giants. To make matters worse, these trees were much closer to structures, spreading right over our house and within reach of three other houses and several outbuildings. And they were so tall that their falling acorns were subjecting us to frequent “concussions” – this may explain a lot. But I digress... David and I love trees, so removing these oaks was not an easy decision, but all our close neighbors had felt endangered by these trees and encouraged us to proceed. The arborist who evaluated the situation agreed that the oaks had outlived their safe life span, but fortunately he considered that the hickory near the road could stay, mainly due to its shape, position and species.

When the oak trees finally came down, after two full days of precision work by Tennent Tree Service, we counted 135 rings to estimate their age in years. We also discovered that in spite of their apparent good health, they were already rotting in many areas, like their fallen companion. It was a small consolation that assured us we had, indeed, made the right decision after all. But our new yard looked sad and barren. In addition, many of our wildflowers, ferns, and other native plantings were used to deep shade and would need time and care to readjust to their new environmental conditions.

To compensate for the loss of such huge trees, I decided to plant many young ones. Given our space constraints, with just a fifth of an acre, including house, garage, carport, office outbuilding, patio and frog pond, I wanted trees that would provide maximum year-round benefit for us and for our local wildlife, without outgrowing the scale we liked for our yard.

Eventually, I decided to rely heavily on fruit trees, which would give us flowers, fruits, some shade and fall color. For the largest ones, I chose two different kinds of cherry trees: a tartan and a Bing cherry, with maximum mature heights of 30 to 40 feet – respectable, but not threatening. Next, we planted an ornamental pear that would grow to produce abundant berry-like fall fruits attractive to birds. And finally, we designed an orchard-like area against a split-rail fence, for peach, plum, and pear trees.

Since we don’t like pesticides and were not planning to spray, we thought about these trees as ornamentals with the potential to bear some fruit, to be enjoyed mainly by our backyard animals. So, imagine our surprise when this summer one of our peach trees gave us more than 40 perfect, beautiful and delicious freestone fruits... We were delighted, and apparently so were the squirrels.

One morning, David came in to ask me if I had put a peach in the petunia planter on the front steps. By now, David knows I can sometimes behave oddly, but this was a bit too much – of course I did not. Having ruled me out as a suspect, we knew that the resident squirrels were to blame. Before all was lost, a quick harvest was organized and helped us rescue most of the crop. I collected all the peaches, except for a couple that still looked quite green. Next day, those were gone.

Squirrels seem to be a great barometer for fruit readiness, so I might as well employ their help whenever possible. Pears are quite tough to time, because they don’t ripen on the tree. Ideally, you would harvest them when “ready” and wait a few days for them to ripen at room temperature. For a long-lasting crop, you can refrigerate them and take them out a few at a time for slow consumption. But if you pick the pears too early, they will shrivel without ripening well. Here is where squirrels can be most helpful: Over the last month or so, and including this past weekend, I counted 18 nice pears that appeared fully developed, but still very hard. Suddenly, yesterday there were only 14. It was time to harvest. Thank you, squirrels!

Our plum tree is also loaded with fruit. The plums are turning dark purple, but they are still rock hard. Since



this is the first year of production, I’m keeping a close eye. Plums must ripen on the tree for sweetness and good flavor, so there will be a very tight window to beat the squirrels and we can’t let our guard down. The squirrels seem to know this, and they sample a plum or two each day. For now, they are spitting them out as soon as they taste them, so we can only hope that there are more plums than days left to the harvest.

In addition to fruit trees, we added dogwood, flowering crab, smoke bush, redbud, blueberries, holy, hibiscus, arborvitae and many other ornamentals. And sadly, since several dear friends and older relatives have died in the last few years, we have memorialized a few of them with some of these special plantings. Don’t be alarmed if you hear one of us saying something strange, like “Ruth is about to bloom” or “Carlos needs to be watered” – these vocalizations are rooted in our reality and have no relationship whatsoever to our past acorn concussions.

The latest memorial tree is a weeping spruce that my daughter and son-in-law got me this year for Mother’s Day. The tree is an exotic cultivar and came without any literature about its mature size, so finding the right spot for it was a bit of a gamble. In addition, its main attraction, bright maroon flowers that are precursors to small cones, had already gone by. These combined factors dampened my enthusiasm for this particular species, but we found a suitable place for it and patiently wait for its next spring bloom. Due to its exotic and somewhat peculiar nature we named it Carmen, after my 93-year-old paternal aunt, who died recently in Argentina.

Besides adding new trees and plantings, we have been able to revitalize some older ones. Huge rhododendrons in the front of our house had been “butchered” gracelessly. The poor plants were sending out leggy weak branches and needed a lot of help to get back in shape. I’m happy to report that after four years, they once again are compact, strong, and blooming beautifully.

We also cultivate our good share of wild plants and self-seeded saplings. Around our pond, we keep a stand of stinging nettle, harmless to humans if avoided, and essential to some butterflies. We maintain two good-size patches of milkweed for monarchs, several species of goldenrod, jewel weed, Indian tobacco, meadowsweet, bedstraw, wild asters, skunk cabbage, and many other native plants.

Some of our young trees are “volunteers” in several stages of development, identified during weeding sessions and replanted in suitable spots. These include a flowering crab (already 6 or 7 feet tall and fruiting), a Japanese maple, a horse chestnut and a dogwood (our youngest, still protected in a clay pot).

Finally, we have a beautiful arbor of wisteria framing a covered patio that doubles as a carport during snow storms. But we are beginning to fear that we may be too old for wisteria. Have you heard about “slowing down”? Well, we do, but wisteria doesn’t. Frequent and aggressive pruning is required to avoid permanent engulfing by this titanic vine. We do our best to keep it under control, but if suddenly you realize that you haven’t seen us walking around Willimantic for a while, please check under the wisteria.

Less than four years since the removal of the two oak trees, our yard no longer looks barren and the plantings around the pond have rebalanced and hardened to tolerate more sun. It’s amazing to see how much wildlife one can help support with a small yard and how much enjoyment can come out of it. We had the unexpected pleasure of home-grown fruits and we are happy to say that things are looking just peachy.

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Hope Sometimes Emerges from Strange and Venomous Places; Daryl Davis and the Amiable Confrontation of Hate Groups

By Len Krimerman

Coping Justly with Hate Groups? Separation, thus far, has been focused on how to be liberated from unjust, oppressive, marginalizing institutions (see my previous articles in *Neighborspaper* this summer.). But what if we find these same ugly traits in our backyards, our neighbors and neighborhoods....How do we deal most justly and sanely and effectively with self-described racists, white Supremacists, neo-Nazis, etc.? Not an easy question to answer.

For example, in the aftermath of Charlottesville, I'm drawn to two equally persuasive positions that also are, or seem to be, incompatible. One of these was well-expressed by Marty Walsh, Boston's current Mayor:

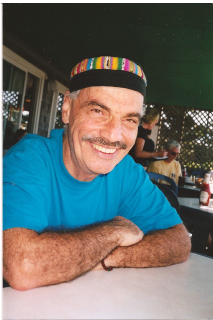
"We also have a message for the hate groups, especially any who are planning to come to our city this weekend: Boston does not welcome you here. Boston does not want you here. Boston rejects your message." (From a press conference just days after the Charlottesville devastation.)

The other is less easy to condense, and may seem easier to attack or dismiss. It asks us to neither reject, defend, or attempt to convert "hate groups", but to approach them in open-hearted and non-judgmental ways. (As an eye for an eye leaves the world blind, so hate for hate leaves the world entrenched in fear and war.)

The issues here are not academic for me: I have relatives who recently turned into appalling vicious Tea Party extremists. They cheered on Facebook when North Korea declared that its nuclear missiles could strike our West Coast, declaring it would be a happy day when California was destroyed. Don't feel much like talking or being with them since, but that's hardly a solution.

Mayor Walsh's approach is direct, concise, unambiguous. But it also short-sighted. People who see themselves as unwelcome outsiders might disappear for a while upon receiving messages like those of Walsh, but then reappear, with lots more hate as well as many more unwelcome supporters in six or 12 months. Adding salt to deep wounds is more likely to exacerbate them and create new wounds than to heal them.

But isn't the non-judgmental approach hopelessly naïve and utopian? Not to Daryl Davis, a marvelous jazz and blues musician, who has a second, less visible and non-commercial, occupation. For over two decades, Davis, who is black, has sought to speak with, listen to, and become friends with members of the KKK. And his efforts have often been successful, in many ways.



A Strange and Unlikely Odyssey

How so? His unlikely journey seems to have begun in a truck stop club in Maryland where Daryl and his band were playing. During a break, as Daryl walked off the stage, he felt someone put an arm around his substantial shoulders. It was a middle-aged white fellow, who complimented him on his jive and rock and roll piano playing, and then went on to say that he had never before heard of a black musician who played the piano, and that his piano idol was Jerry Lee Lewis. Daryl responded that Lee Lewis learned from black musicians, and that Black piano artists were very far from rare. The two argued a bit over this, but Daryl was invited to join the white man's table after the show and meet with friends of the first white fellow (other than Daryl, there were no black people in the whole club). Eventually, after a couple of drinks, he admitted to Daryl that he was a KKK member, but immediately after that gave him his phone number and asked him to call whenever he and the band were booked into this same club. Whenever he did so, Daryl found many additional friendly and appreciative folks in that same club, who were also KKK members.

But this alone left him unsatisfied. Something important was missing from these encounters, and he identified it in a single question: "How can anyone hate me when they do not even know me?" He took a chance, and called his initial fan, asking for the phone numbers of KKK leaders, Wizards, Dragons and the like, in Maryland. At first, he met denial, in part because the white man strongly cautioned Daryl to totally avoid the leadership who were usually armed, and also had strong-arm body guards who might mistake him for a trouble-maker. But Daryn convinced him to share his information, by citing the unanswered question as his only concern.

The rest is history, indeed, historic.

Daryl Davis has been welcomed into numerous Klan groups, not only in Maryland but in the Deep South and many other parts of the country. Most often, he manages to befriend the leaders of those groups, even when there remain deep agreements between them. Rather than judging or attempting to convert anyone, Daryl 's mission is to listen and possibly find common ground. In his words, he offers the Klansmen (and Klan women) a "platform" where they can speak without fear of condemnation; they in turn reciprocate and begin to listen seriously to him. Occasionally, these Klan leaders, having welcomed Daryl, were vilified by members of their own groups, but as one of them loudly responded to his critics, "I got more respect for this black man for any of you whites out there."

But these welcoming friendships are only the surface of a huge and unlikely transformation. Little by little, Daryl's Klan leader friends have actually left the Klan, citing their talks with him and renouncing their former racist views and actions. In most cases, they brought Daryl their entire Klan uniforms – the pointed hoods with cut out eyes, white robes or sheets, insignia of all sorts, etc. He now has a virtual museum of such materials, drawn from several dozen former Klansmen. More than once Daryl has been asked, "What are you going to do with all of that stuff?", or "Why's a black man collecting all of this?" His answers: First, "Because history needs to be retained, not destroyed." And second, "Better that I have it and they don't."

In addition, when the Klan leaders, one of whom was an Imperial Wizard — in charge of the entire Klan confederacy in Maryland — bowed out, the groups they had led fell apart and dissipated. Daryl's claim is that his good work helped make Maryland Klan-free, but this has been challenged, and some Klan trackers contend that there are now two separate Klan groups in that state. But these same trackers also concede that "about half" of all now functioning Klan groups have emerged over the past three years, and especially since the racist takeover in 2016 of what remained of our democracy. So Daryl's claim, first made in 2014, may well have been very close to the truth.

So Just Where does this Leave, or Take, us?

Can Daryl's good-hearted approach be replicated; if so, by who? Can it be "scaled up" so that whole communities, from children to seniors, and with diverse and conflicting cultures, learn, trust, and utilize it?

And might we still need to rely on more hard-hearted and prohibitive approaches, like those of Mayor Walsh? (Perhaps in cases — which might well be numerous — where avowed racists, white supremacists, or neo-nazis — refuse to meet or work with "ambassadors of compassion" such as Daryl?)

And, finally, how does this clash of approaches relate, if it indeed does at all, to "separation", as we have been examining it?

Keeping it a bit shorter this month; but will return to all of these questions in the next *Neighborspaper*.... Meanwhile, check out these videos featuring Daryl Davis:

• Accidental Courtesy: Daryl Davis, Racism & America; https://www.youtube.com/watch?v=aclur_7mTi4

• This Black Musician Explains Why He is Friends with White Separatists; https://www.youtube.com/watch?v=pESEJNy_gYQ

Hey CLiCK Fans, It is Time to Party!

By Stephanie Smith, CLiCK Board of Directors, Fundraising Chair

On December 2, 2017, CLiCK will proudly present Big Jump Band at the historic Bellingham Auditorium, located at the top of Windham's Town Hall. Join us for an evening of first-rate rhythm and blues dance music, a bar staffed and supplied by the Willimantic Brewing Company, including a signature event cocktail featuring Westford Hill Distillery spirits, and of course, there will be delicious food: small-plate appetizers featuring creations by some of our member businesses and organizations, including GROW Windham, Camp Horizons, Simply Fresh, and more. Go to www.brownpapertickets.com and find CLiCK presents Big Jump in the drop-down menu, where you can buy your \$30.00 admission tickets and make a contribution if you wish, using PayPal. Paper tickets can be purchased at CLiCK and other locations TBA.

Of course, what fun would this be for us CLiCKsters if we weren't raising money for our favorite organization? Since early August, we have been planning and raising sponsorships and donations to make this a fabulous evening. Ticket sales, as well as proceeds from a silent auction, gift basket purchases, drink tickets, as well as

corporate sponsorships and advertising sales in our complimentary recipe book and event program, will go toward capital improvements at CLiCK such as accessibility upgrades, a new hood system for our kitchen, and a retail space and business training center for our members.

So visit CLiCK on Facebook here: https://www.facebook.com/events/483960608636665/?a-context=%7B%22action_history%22%3A%22null%22%7D

Or visit www.clickwillimantic.com and look at the event on 12/2 on our events calendar.

It's not just a fundraiser - it's a celebration!

For over five years, the Commercially Licensed Cooperative Kitchen, aka CLiCK! has been taking shape and growing in Windham. Founded with the inspiration and sweat equity of many, but particularly that of board president and founder Phoebe Godfrey, and board secretary and co-founder Tina Shirshac, CLiCK is truly a testament to the caring and dedicated hard work of many in the Windham community. If you have been reading about CLiCK in these pages, visited CLiCK's many events, or had the good fortune of receiving our occasional entreaties for donations by post or your inbox, you might be curious about

how we are doing, and why you might continue to support this non-profit venture. Well, here is a brief update about how we seek to foster economic development while increasing community engagement:

CLiCK is a shared-use commercially licensed kitchen - the only one operating in eastern Connecticut working under cooperative values.

CLiCK has over 25 member start-up businesses, including a popular, award-winning hot sauce company, a local kambucha brand, gourmet popsicles, bakers, a prepared meal catering service, and much, much more. 75% of these businesses are women- or minority-owned, and all are from our local community.

CLiCK employs 50 members of our local community, including start-ups and their staff.

CLiCK start-up sales have doubled this year to more than \$250K for members.

CLiCK proudly hosts Weight Watchers, QVCC extension classes, farm-to-school cafeteria, UConn and ECSU student internships, special events for Windham NAACP, and much, much more.

CLiCK collaborates with GROW Windham, QV-MC, and other local organizations. We are a job-training site for Camp Horizons, a local organization that helps



build life skills for people with exceptionalities.

CLiCK has taught over 250 children and teens in our community classes, using our teaching kitchen, community rooms, and in our community garden.

CLiCK offers Serve-Safe classes as well as small business classes in English as well as other languages.

This is quite a track record, and we hope you will join us December 2, 2017 to celebrate and make CLiCK stronger and better!

Understanding Dairy

By Dr. Nick Edgerton ND, LAc

This article will review the physiological pros and cons of dairy. The intention is to educate the reader to make mindful decisions regarding the nutrition they are consuming. As a licensed Naturopathic physician and acupuncturist, I have no stakes in any food groups (pun intended) and I am not a vegan; however, I do advocate the importance of therapeutic nutritional choices. I respect biochemical individuality and I am not making a general recommendation that everyone should partake in food elimination. Moderation in diet is essential.

What is Dairy?

A liquid formed by mammalian breast during pregnancy which is later excreted for consumption by the newborn offspring. This liquid is often referred to as milk, which can then be processed and generate by-products such as cheese, ice cream, and yogurt. Mothers make breast milk for their babies to help them grow quickly, you can think of milk as a growth fluid. The rest of this article will discuss cow’s milk dairy in respect to human health.

History of dairy

Homo sapiens roamed, hunted, and gathered (paleo) for a very long time before settling and developing agricultural land. About 10,000 years ago the agricultural revolution took place, and this is when the first animals became farmed and domesticated. Up until this point, imagine trying to milk a cow with a wild bull around.

Our ancestors did not have the ability to digest lactose, the principal sugar in milk, beyond infancy. Relatively recently, due to human adaptiveness, humans have developed an enzyme, lactase, to digest lactose. This adaption reduces abdominal pain, bloating, and diarrhea. Currently, 65% of the world cannot consume dairy without gastrointestinal symptoms (Ingram et al, 2009). The idea of supplementing lactase (i.e. lactaid) to bypass the genetic predisposition of indigestion is beyond my holistic scientific reasoning- I question if the lactose intolerant demographic would have a heightened inflammatory response to the milk proteins, whey and casein.

Today, and we have the U.S. Dept. of Agriculture (USDA) recommendations to consume more milk (MyPyramid). We have the highly successful ‘Got Milk’ advertising campaign, with all our favorite cultural icons consuming this fluid. Children are taught in school milk is essential for a nutritious diet, echoed by most pediatricians. Where does this push to consume a food group come from? The dairy industry is a business so large it has lobbyists pushing for federal government support, i.e. the USDA. Dairy revenue in the US was \$102B in 2014 (Statista). It has become a way of life for most growing families, dairy is in most Standard American Diet (SAD) meals. Humans continue to be the only species on earth who consume a different animal’s milk.

Nutritional breakdown

Dairy has a moderate amount of saturated fat (8g per 1 cup whole milk). Dairy accounts for the majority of saturated fat in the SAD. Saturated fat has a direct link to heart disease, the number one killer in America. There are 12g of sugar in 1 cup of any type of milk. Most people consume milk because of the advertised calcium and protein content. 1 cup of whole milk delivers 8g of protein, which compares to less than ¼ cup of diced chicken, 1 cup of peas, ¼ cup almonds. There is about 300mg of calcium in any given cup of milk, comparable to 43mg in 1 cup chopped broccoli, 434mg in ½ cup tofu, 260mg in ½ cup sardines, 126mg in 1 cup navy beans, 101mg in 1 cup chopped kale, and ~400mg in 1 cup bone broth. Dairy is a good source for calcium, but it is not the only good source of calcium.

A weight gainer

The most clinically relevant use for dairy in my practice is for helping patients gain weight. There are other, perhaps healthier, ways to do this, but depending on the case dairy can be useful. Consider it baby calf growth fluid, just like your mother’s milk helped you grow.

Dairy has a high insulinemic index (amount of insulin released by pancreas into the blood after eating), similar to table sugar and white bread. Dairy is unique to the others because it has a relatively low glycemic index (amount of sugar absorbed into the blood after a meal). This means, when one consumes dairy, a signal tells the pancreas to secrete a lot of insulin into the blood. Insulin is a hormone that communicates with the cells in our body to absorb sugar from the blood, thus giving the cells energy and lowering blood sugar. However, due to the low

glycemic index of dairy, there isn’t much sugar in the blood to clear, rendering a reactive hypoglycemic state. Reactive hypoglycemia causes people to feel tired, hungry, and even shaky. So, you end up craving and eating more to satisfy blood sugar requirements.

Another big issue with excess insulin is that it blocks the ability to burn fat, mainly because it wants the body to burn sugar for energy. Physiologically, insulin blocks the carnitine shuttle in the mitochondria, which is responsible for bringing fatty acids into the mitochondria and burning them to create ATP/energy. Without the ability to burn fat, the fat will be stored. Therefore, chronically high insulin levels can lead to weight gain. Consider Type 1 Diabetes- an insulin deficiency- generally these patients are very thin prior to their diagnosis and treatment with insulin. This is because they cannot burn sugar, and only burn fat, while the blood sugar levels stay dangerously elevated.

Conversely, adult onset diabetes, or T2DM, or most accurately named Insulin Insensitivity/Resistant diabetes (IRDM), often presents with obesity. Insulin resistance means the cell receptors that get signaled from insulin get burned out. A lifetime of constantly spiking insulin levels will burn these delicate receptors out, leaving high insulin levels in the blood along with high blood sugar. Recall, dairy has a high insulinemic effect. Eating frequent small meals throughout the day will cause constant spikes in blood sugar and insulin. Some diets recommend this for stimulating the metabolism, but conversely, it may play a role in the development of insulin resistance. Especially if dairy is involved with these frequent meals, which as I said before- dairy is in almost every meal of the SAD.

This is why weight management is a lot more than calorie counting. Weight management involves many hormones such as thyroid, insulin, and sex hormones. In fact many popular diets today, such as Whole30 and Paleo, involve dairy avoidance.

A hormone modulator

Cows naturally increase estrogen during pregnancy just like humans. This increase in estrogen is responsible for an increase in milk production for the newborn. Modern farming practices involve giving more estrogen to the lactating cow so more milk is produced and more profit is made. Estrogen, along with other compounds subjected to cows such as antibiotics, steroids, pesticides, etc., are passed through the milk to its consumer. Studies currently conflict whether the estrogens from cow’s milk are affecting human health. We do know certain cancers are estrogen-linked. Data from the Nurses’ Health Study II found a link between high-fat dairy and breast cancer in premenopausal women (Cho et al, 2003). If there are estrogen positive breast cancers in the family history, or combating issues of excess estrogen such as male gynecomastia (breast formation), then you may want to mindfully reconsider the amount of dairy you consume.

Phlegm and Congestion

Traditional Chinese Medicine (TCM) considers dairy a phlegm conducive food. Phlegm, in TCM theory, is a pathogenic factor or substance; meaning it is responsible for causing problems. Phlegm blocks the passage ways, and leads to stagnation. This stagnation often displays itself as what Westerners would refer to as congestion, sinusitis, post-nasal drip, headaches, acne, and even stomach bloating. Many times, I have seen patients with a life of chronic sinusitis find improvement after just a few weeks without milk products. It’s not just TCM that considers excess dairy being problematic, more and more integrative and functional medicine doctors are talking about dairy elimination for allergy-like symptoms.

Conclusion

Many common and recurring symptoms people experience may be related to what they are consuming daily. However, if you are one of the people who have good health and regularly consume dairy, then don’t let this stop you. If you have ever related to one of the problems discussed above, then maybe you want to consider limiting or eliminating dairy for a few weeks to see how you feel. There are more alternatives than ever before for dairy-free success. I advocate readers to work with a qualified practitioner to discuss whether dairy elimination is necessary for you, and how to do it safely and effectively.

Dr. Nicholas J. Edgerton, ND, MS-Acu, is a naturopathic physician at Collaborative Natural Health Partners, LLC. He is an in-network provider for most insurance companies and is accepting new patients. For more information, please call (860) 533-0179 or visit: ctnaturalhealth.com.

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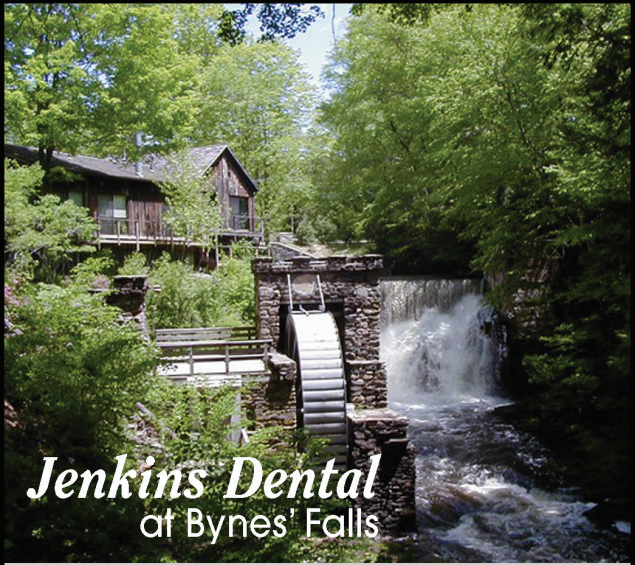
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Global Warming
Contributes to All Storms

By Don Hoyle

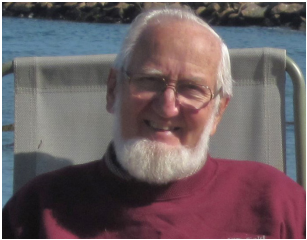
In seminary at Boston University School of Theology, I had a Christian history professor, Dr. Edwin P. Booth, who said, “Theology is a cushion to keep man from going insane.” At that seminary we were taught that we had to allow our theology to be in a continuous state of change if we were to keep it contemporary. We were taught in our study of homiletics that we should go into the pulpit each Sunday morning with our Bible in one hand and a good newspaper in the other.

It is from that perspective that I now share some of my latest theological thought. It might sound rather radical (radical meaning going back to original roots) and out of touch with some of the more traditional theological positions today, but it is an attempt to make theology contemporary so it can make a contribution to thinking in our world. Paul Tillich, the late Harvard University professor and secular, philosophical theologian, said that every person has a religion to give them meaning or purpose for living, something that causes them to want to get up every day. If you live in Boston it might be the Red Sox that you idolize.

We are in an age of rapid and not well-thought-out change. Pope Frances, when he recently addressed our U.S. Congress, said that our American lifestyle is one of pleasure seeking. Our TV advertising and social media are focused on selling us things that we may not really need but that advertisers believe we should want. They know we are a pleasure-seeking society.

We now have a media-savvy president who tries to keep us happy by giving us the “goodies” he found we wanted during his successful political campaign. He uses media and half-truths to keep us informed and entertained. His media training has taught him that we like to be entertained with dramatic and energizing incidents and issues. He is proving what Marshall McLuhan has said: that the media is the message. Because the media has become the message, we, as a nation, have no clear, positive message to give to the world except that we are to be feared for our military might.

My radical thinking today is that we need to acknowledge that there is one Creator who made heaven and earth. I know this common Creator has given us the Sun, which is one source of clean, green energy that can help



us save our common home, Planet Earth. As a Christian, I rejoice that the Creator has given us his Son to bring us salvation and help us in this undertaking.

Different world religions think and approach our common Creator in different ways with different thought patterns. As we look back on our history as a civilization, we see that religions were often major contributors to war throughout the history of humankind. I would like to think that religions have been manipulated by political and economic forces that speak to the basic needs of people. In allowing themselves to be manipulated by these forces, religions deny or betray their basic God-oriented purpose, which is to bind together and heal. It’s interesting to note that the root meaning of religion comes from the same Greek word as ligament, which is what holds tissue together in the human body.

In our Old Testament class at Boston University School of Theology, Professor Dr. Harold Beck instilled in us that our Judeo-Christian religious heritage was founded on ethical monotheism: one God with one code of ethics. The German theologian, Dietrich Bonhoeffer, who was killed in a German concentration camp after trying to assassinate Hitler, says that in our Christian faith we believe Christ was God’s Man for others so Man might come of age (realize his full potential).

We live in a time when man has the knowledge and technology to solve our energy and environmental problems and fulfill our needs, but all that humankind lacks is the political will to do it. The basic solution or cure that religion has to offer is to be a unifying force: one world religion that jointly gives appreciative reverence to the Sun that heats and supplies energy for our planetary home.

In his 1967 book, Where Do We Go From Here: Chaos or Community? Dr. Martin Luther King, Jr. includes a chapter titled, “A World House,” in which he calls on all persons to work together to eradicate the evils of racism, poverty, and war. He wrote, “We have inherited a large house, a great ‘world house’ in which we have to live together—black and white, Easterner and Westerner, Gentile and Jew, Catholic and Protestant, Muslim and Hindu—a family unduly separated in ideas, culture, and interests, who, because we can never again live apart, must learn somehow to live with each other in peace.”

Don Hoyle is a retired United Methodist Minister and a resident of Mansfield. His previous article for Neighbors was entitled, “A Theology of Hope: A New Day of Human Environmental Responsibility”

History of Witchcraft at Willimantic’s Mill Museum

Submitted by Bev York

‘Witch’ to most Americans conjures up (no pun intended) an image of the old disagreeable hag that performs evil or malicious acts. Could it be that antagonist in our childhood stories of Grimm Brothers’ fairy tales of Sleeping Beauty and Hansel and Gretel years before Captain Underpants became popular. Or could it be that for over half a century the witch that taunted Dorothy and her friends in Oz is a story that is alive and well. The Wicked Witch of the West resonates everywhere in popular culture.

In truth, throughout history, witches were respected as healers. magicians and fortune tellers. The word witch comes from “wiccan” which means the wise one. Witches were wise and tried to explain the world to those superstitious generations before the enlightened times of science. Though some were mean spirited generally witches, wizards, sorcerers, sages and clairvoyants played important roles in religion, divinity and medicine. Some witches throughout history became associated with evil. These witches mostly women were accused of being tempted to help the devil. People needed someone to blame for disasters, destruction and death. Just over three hundred years ago some cultures executed thousands of women attempt-

ing to rid the world of witches. Even Connecticut executed about a dozen men and women who were thought to terrorize the community. Currently in the 21st century Witchcraft exists in many forms in many cultures around the world.

The Mill Museum (Windham Textile & History Museum) presents history on a horror themed subject



each October. This year the theme of Witches will be educating and haunting the visitors through four evening tours as well as a seven-week exhibition available during regular museum hours. Dioramas created by local artists will share a brief history timeline of witchcraft throughout history to the present and share a few of the many witch and wizard, good and evil, characters in fable.

Visitors will learn many stories including that of the North Berwick, Scotland witch executions in 1590 of those thought responsible for the raging storm at sea which frightened the newlywed Queen Anne. No

doubt there will be some representation of the good and bad witches who yearn for the ruby slippers. A display of Wiccan symbols will educate about the philosophy of some current practices. And perhaps there will be the answer to the age-old question, what is the deal with the flying broomstick? The early New England witch trials hysteria will be featured at the four evening performances. Additional programs include a lecture about the Connecticut witch trials by State Historian Walter Woodward, a program on herbs used in natural healing and making magic wands and poppets for children. Check the website for registration information.

There are numerous haunted houses and scary events to attend this October. But add this Nightmare on Main: WITCHES event to your list.

The evening program will be held on October 7, 8, 13 and 14. Arrive between 7 and 9:30 for a tour that last about 45 minutes (rain or shine). The admission is \$10. Refreshments will be available. The evening program is not recommended for young children. The Exhibition will be opened from October 7 through Nov. 19 during regular museum hours which are Friday, Saturday, and Sunday from 10 a.m. to 4 p.m. The Mill Museum is located at 411 Main Street, Willimantic, CT. 860-456-2178 millmuseum.org

By Gary Bent

With Hurricanes Harvey and Irma, the debate has arisen again as to whether climate change played a role in them. Some people say, correctly, that it takes many things to occur before a hurricane forms. Thus someone cannot say that climate change caused the hurricane. Other people say that certainly climate change had a major influence on these hurricanes. These are not contradictory statements.

First we should be talking about global warming not climate change. The burning of fossil fuels by humans is producing excess carbon dioxide that is trapping heat in the air. This raises the surface temperature of the ground and oceans. The warming can cause the climate to change. Global warming is a factor in all storms, droughts, heat waves, sea level rises, and many other climate changes.

An analogy is the form of a death certificate. There is a place for the primary cause of death, a secondary cause of death, and contributing causes of death. Think of a person who smokes for 40 years and contracts lung cancer. Because of a weakened immune system from chemotherapy, the person gets pneumonia and dies. The primary cause of death is pneumonia. A secondary cause of death is lung cancer; a contributing cause of death is smoking.

The global warming of the earth increases the amount of water vapor that evaporates into the air. The average amount of water vapor has increased by six per cent over the surface of the earth. It would be even higher over a warm ocean. When water vapor condenses into droplets in the form of clouds and rain, a tremendous amount of energy is released into the air. This energy is in the form of the winds associated with storms. Thus every storm is more intense in the amount of rain and wind associated with it because of global warming.

For the hurricanes, the primary causes were the conditions in the eastern Atlantic Ocean off the coast of Africa; the secondary causes were the high pressure area off the east coast of the United States and the lack of high altitude shear wind; and the contributing causes were the increase in water vapor and sea level rise from global warming.

Gary Bent was assistant head of the Physics Department at the University of Connecticut for 22 years. He has done research on chemical physics for over 25 years. After retiring from UConn, he was a physics teacher at E.O. Smith High School for 12 years, retiring in 2015.

He has followed the science of global warming for 30 years and has taught a unit on climate change for 16 years at both the college and high school level.

Joshua’s Trust October Events

Submitted by Angelika Hansen

Sunday, October 1, 9:30 am, Hubbard Preserve in Chaplin – Naturalist Deb Field leads a walk looking for autumnal signs. (Rain date, Oct. 15) Sign up at activities@joshuastrust.org

Sunday, October 1, 3:30 pm, - attend the inaugural meeting of the Nature Science and Environment Book Group hosted by Robert and Kristine Thorsen. Contact kristthorsen@yahoo.com

Sunday, October 8, 10:30 am - Josias Byles Sanctuary in Ashford – Marian Mathews leads her popular historic walk. Sign up at activities@joshuastrust.org

Sunday, October 14, 10:00 am, - Lof Woodlands in Mansfield – Gary Griffin leads this short, easy walk especially for those who need a slower pace. (Rain date Oct. 21) Directions: 4/10 mile on east side of Rt.320 from Rt. 195 intersection. Sign up at activities@joshuastrust.org

Sunday, October 14, 2 pm - 4:00 pm, Cider Pressing at the Atwood Farm in Mansfield. Sign up at activities@joshuastrust.org.

Saturday, October 21, 9:30 am – Join Tom Worthley for a walk and talk about forest management. Meet at the Red Barn on Rt. 195 – UCONN. (Rain Date Oct. 22) Sign up at activities@joshuastrust.org.

Sunday October 29, 9:30 am – Two Sisters Tract in Chaplin. Join Juan Sanchez and Deb Field exploring wetlands and bogs. (Rain date Nov.5) Sign up at activities@joshuastrust.org



This past summer the town of Ashford recreation department sponsored another successful Summer Concert Series. Among the groups performing on Tuesday evenings were The Shaded Soul Band (left) and the Larry Stevens Band.



Nord Yakovleff photos.

Reaching Retirement: Now What?

By James Zahansky, AWMA

You’ve worked hard your whole life anticipating the day you could finally retire. Well, that day has arrived! But with it comes the realization that you’ll need to carefully manage your assets so that your retirement savings will last.



Review your portfolio regularly

Traditional wisdom holds that retirees should value the safety of their principal above all else. For this reason, some people shift their investment portfolio to fixed-income investments, such as bonds and money market accounts, as they approach retirement. The problem with this approach is that you’ll effectively lose purchasing power if the return on your investments doesn’t keep up with inflation.

While generally it makes sense for your portfolio to become progressively more conservative as you grow older, it may be wise to consider maintaining at least a portion of your portfolio in growth investments.

Spend wisely

Don’t assume that you’ll be able to live on the earnings generated by your investment portfolio and retirement accounts for the rest of your life. At some point, you’ll probably have to start drawing on the principal. But you’ll want to be careful not to spend too much too soon. This can be a great temptation, particularly early in retirement.

A good guideline is to make sure your annual withdrawal rate isn’t greater than 4% to 6% of your portfolio. (The appropriate percentage for you will depend on a number of factors, including the length of your payout period and your portfolio’s asset allocation.) Remember that if you whittle away your principal too quickly, you may not be able to earn enough on the remaining principal to carry you through the later years.

Understand your retirement plan distribution options

Most pension plans pay benefits in the form of an annuity. If you’re married you generally must choose between a higher retirement benefit paid over your lifetime, or a smaller benefit that continues to your spouse after your death. A financial professional can help you with this difficult, but important, decision.

Other employer retirement plans like 401(k)s typically don’t pay benefits as annuities; the distribution (and investment) options available to you may be limited. This may be important because if you’re trying to stretch your savings, you’ll want to withdraw money from your retirement accounts as slowly as possible. Doing so will conserve the principal balance, and will also give those funds the chance to continue growing tax deferred during your retirement years.

Plan for required distributions

Keep in mind that you must generally begin taking minimum distributions from employer retirement plans and traditional IRAs when you reach age 70½, whether you need them or not. Plan to spend these dollars first in retirement.

If you own a Roth IRA, you aren’t required to take any distributions during your lifetime. Your funds can continue to grow tax deferred, and qualified distributions will be tax free.² Because of these unique tax benefits, it

generally makes sense to withdraw funds from a Roth IRA last.

Know your Social Security options

You’ll need to decide when to start receiving your Social Security retirement benefits. At normal retirement age (which varies from 66 to 67, depending on the year you were born), you can receive your full Social Security retirement benefit. You can elect to receive your Social Security retirement benefit as early as age 62, but if you begin receiving your benefit before your normal retirement age, your benefit will be reduced. Conversely, if you delay retirement, you can increase your Social Security retirement benefit.

Consider phasing

For many workers, the sudden change from employee to retiree can be a difficult one. Some employers, especially those in the public sector, have begun offering “phased retirement” plans to address this problem. Phased retirement generally allows you to continue working on a part-time basis--you benefit by having a smoother transition from full-time employment to retirement, and your employer benefits by retaining the services of a talented employee. Some phased retirement plans even allow you to access all or part of your pension benefit while you work part time.

Of course, to the extent you are able to support yourself with a salary, the less you’ll need to dip into your retirement savings. Another advantage of delaying full retirement is that you can continue to build tax-deferred funds in your IRA or employer-sponsored retirement plan. Keep in mind, though, that you may be required to start taking minimum distributions from your qualified retirement plan or traditional IRA once you reach age 70½, if you want to avoid substantial penalties.

If you do continue to work, make sure you understand the consequences. Some pension plans base your retirement benefit on your final average pay. If you work part time, your pension benefit may be reduced because your pay has gone down. Remember, too, that income from a job may affect the amount of Social Security retirement benefit you receive if you are under normal retirement age. But once you reach normal retirement age, you can earn as much as you want without affecting your Social Security retirement benefit.

By planning carefully, investing wisely, and spending thoughtfully, you can increase the likelihood that your retirement will be a financially comfortable one.

Presented by James Zahansky, AWMA, researched by Broadridge Investor Communication Services - Copyright 2017. Weiss & Hale Financial Principal/Managing Partner and Chief Goal Strategist, Jim Zahansky offers securities and advisory services through Commonwealth Financial Network®, Member FINRA/SIPC, a Registered Investment Adviser along with Principal/Managing Partner, Laurence Hale, AAMS, CRPS and Partner Jim Weiss, AAMS, RLP. They practice at 697 Pomfret Street, Pomfret Center, CT 06259, 860.928.2341.

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T. King, Publisher



Participants from the Spring 2017 Windham Youth CORE Program pose for a photo taken at the Thread City Family Garden at Lauter Park in Willimantic. Contributed photo.

WRCC Continues to Serve Its Community Despite State Budget Woes

By Corey Sipe

Despite tough financial times for the state, the Windham Regional Community Council, WRCC, continues to serve the community in a variety of ways. The Windham AIDS Program provides counseling and testing services in Windham and Tolland counties. The Windham Family Living, Project Home, and Beyond Shelter are all housing programs intended to combat homelessness by helping folks financially and by teaching them life skills. The Eastern Connecticut Assistive Technology Center provides technological assistance to persons with disabilities and their families. The Veterans Advisory Center provides outreach, information, and referral services to veterans and their families in Windham, Mansfield, Columbia, and Chaplin. However, by in large, WRCC has concentrated its efforts on helping the youth in the community, specifically serving more than 4,000 youths and 300 parents through Windham Youth Services Board at no charge. Those services include after-school programs, case management services for 54 families, a drug-free communities program, a lunch and read summer program, family literacy events co-sponsored by the Willimantic Public Library Children’s Department, and the Windham Task Force to Prevent Childhood and Neglect. The library, at 905 Main Street, is located almost directly across the street from WRCC offices with both being in downtown Willimantic.

Jeffrey Beadle, Executive Director of Windham Regional Community Council, said that one unique part of the Windham Youth Services Program is the juvenile review board, which is a model program for other towns. The board accepts referrals from the Willimantic Police Department, Windham Public Schools, PATH (Perseverance, Accomplishment, Triumph, Honor) Academy, and the general community. “It’s for offenses like truancy, inappropriate language, bullying, first time misdemeanor offenses and skirmishes with other kids which does not rise to the level to be placed in the judicial court, but they are just one step away from it,” he said. Previous budget cuts have reduced the number of hours for the board’s full-time position from 35 to 30 hours but have not reduced its caseload. The board consists of representatives from Willimantic Police Department,

Windham Middle School, Windham High School, Connecticut Department of Children and Families, Connecticut Superior Court for Juvenile Matters, Windham Youth Services, representatives from another agency, and a community member. “We’re dealing with adolescents who make some mistakes and we give them a second chance to straighten themselves out. The majority of kids succeed with an action plan we come up with that must be completed in six months. They go on to remain in school and be successful in school,” Beadle said. In 2016, 44 youth members were referred to the program and 38 completed the program successfully.

However, WRCC’s newest program, Grow Windham, consists of a collaboration of community partners which help promote access to healthy foods. Sally Milius, Director of Grow Windham, said that they are welcoming two new AmeriCorps VISTA (Volunteer in Service to America) Service Members, who began a one-year term with Grow Windham on September 12th. They are Amanda daCunha, who will be building capacity at Grow Windham and Farzana Zubair, who will work to support the Windham Community Food Network, of which Grow Windham is a partner. The Windham Community Food Network consists of a variety of community members, local farmers, schools, restaurants, businesses, universities, non-profits and community members who work together to build a stronger local community and food system. Through the network, Grow Windham, the Willimantic Food Co-op, CLICK (Commercially Licensed Co-operative Kitchen, Inc.), the Willimantic Farmer’s Market, and other partners all work closely with each other. The Willimantic Food-Co-op is located at 91 Valley Street in Willimantic while CLICK’s office is at 41 Club Road in Windham. This relationship is a win-win for participants. “The network has provided the infrastructure to strengthen the Willimantic Farmer’s Market and the market contributes



Destiny Sanchez and Malakai Shannon selling produce at Grow Windham’s booth at the Willimantic Farmers’ Market in Willimantic. Contributed photo.

to the Network,” Milius said. The market runs every Saturday, from the last Saturday in May to the last Saturday in October, from 8 a.m. to 12 p.m., at Jillson Square Park, at the corner of Jackson and Main Streets, in Willimantic. Milius said that the market is an opportunity for members of Grow Windham’s Windham Youth CORE (Cultivating Opportunities, Resources, and Education) to learn entrepreneurship skills while getting paid. She said that 18 students from area high schools are currently part of the Windham Youth CORE. They give back to the community by helping to provide fresh local food grown from the Thread City Family Garden, located at Phillip Lauter Park, at 625 Jackson St., in Willimantic. Items are grown at the garden and sold at the farmer’s market. Some items are seasonal, of course, but items at the market can include asparagus, apples, beets, herbs, cherries, lettuce, mushrooms, spinach, broccoli, cabbage, cauliflower, raspberries, strawberries, blueberries, peaches, and summer squash.

On a recent Monday afternoon, several Windham Youth CORE members gathered around a table at the Grow Windham office to talk about their involvement in the program. Mackenzie Hill, of Windham, who is a freshman at Eastern Connecticut State University in Willimantic majoring in Visual Arts, said this is her fourth year. Hill first became involved when she attended E.O. Smith High School in Storrs where she graduated this past June. Hill said that she enjoys the program because it allows her to “learn more about the community and dissecting the different parts of it.” She explained that she first learned about the program from her sister, Nicolle Hill, who was an AmeriCorps member and is participating in the George Washington University graduate program majoring in public health. While Nicole Hill is no longer involved with Grow Windham, she is assisting Pomfret with their food bank, Mackenzie Hill said. Mackenzie Hill’s brother, Timothy Hill, said he was inspired to join the program



Carlos Sanchez and Renato Muguerza-Calle carry a flat of tomatillos, grown in Alice’s Greenhouse and Garden in Lebanon, to plant at the Thread City Family Garden, with Alfredo Aguilar and Mackenzie Hill in the background. Contributed photo.



Breanna Maxwell and Ruby Rodriguez-Sanchez, of the Windham Youth CORE, supported by University of Connecticut intern Mandy Tegg at CLICK in Windham, making Grow Windham's Sofrito. Contributed photo.

this past July 18th after hearing Mackenzie explain how much she enjoyed it after she came home. Hill is a sophomore at E.O. Smith. In terms of what he likes most about the program, Hill said “I like getting to know my community more. I didn’t know much about the resources or people involved, but now I am more connected with my community.” As for Destiny Sanchez, of Windham, she first heard about the program through EASTCONN’s summer youth employment program about a year and three months ago. Headquartered in Hampton, EASTCONN is a public, non-profit regional education service serving 33 towns in northeastern Connecticut. While Sanchez started as a volunteer, she later rose through the ranks and became a youth leader focused on community engagement. Sanchez recently started her junior year at Windham Technical High School in Windham. “I like the opportunity to work in the community and use my skills to help the community,” she said. Sanchez said that she is looking forward to the Thread City Family Garden’s open house on October 7th. Zya Spruell, of Windham, a sophomore at E.O. Smith, said she has been involved in the program since July 18. Regarding the program, she said that what she enjoys the most is “trying out new things and meeting new people and trying new experiences.” Spruell is additionally a part of the E.O. Smith agricultural program. She first learned about Grow Windham when representatives came to speak at her school. Breanna Maxwell, of Windham, who started her sophomore year at E.O. Smith, said that she has been involved in the program since March 1st. She said that her teacher told her “I have the perfect job for you.” Maxwell said that the aspect of the program that she enjoys the most is “meeting new people and working on my communication skills.”

Windham Youth CORE allows youth members a good deal of independence, Milius said. “It’s the youth’s space. They make the decisions on what to grow, what to do with the produce, and how to develop their other enterprises, like their Sofrito and Hot Sauce business and their stand at the farmer’s market.” Sofrito is a sauce used in many Latin American foods and is popular at the Willimantic Farmer’s Market since many of Willimantic’s residents are from Mexico or Puerto Rico. Additionally, Milius said that for the Windham Youth CORE members, “We are looking for opportunities for more autonomy, responsibilities, and independence.” To help them with this, Milius said that Windham Youth CORE members this past summer developed their own community leader curriculum, which is their vision of community leadership. Windham Youth CORE members also help teach younger children about growing food and eating well and participate in community outreach and events.

Milius said that Grow Windham reaches an additional 120 students through workshops and summer programming. She said that Grow Windham has recently moved its school-based programs for grades K-12 to the schools, both the cafeteria-based, and classroom-based sections, so they can customize it as they see fit. “They have school gardens at most of the schools and have

programming around the gardens. It’s everything from supporting kids to eating healthy food in the cafeteria to helping them to connect with healthy food in the classrooms and activities.” At the heart of this school-based programming is another AmeriCorps program called FoodCorps. This will be Windham’s sixth year as a part of this program. Windham’s current FoodCorps Service Member is Lauren Timms, who will work with each of the schools, Millis said, to “set its own goal to create a healthy food environment.” Millis said that Food Corps is an important support for schools, “It’s a challenge for schools who are charged with so many responsibilities in helping children grow and flourish, The FoodCorps program is a way to support the schools to meet their own goals for students.” Grow Windham is funded 90 percent by private funds and relies only on 10 percent of its funds from government sources, Beadle said, adding that the 10 percent is “funding for staff which is dependent on federal support and there is uncertainty in Washington with the new administration.”

As for the town’s even younger population, Beadle said that the Windham Regional Community Council hosts the New Heights Child Development Program at Windham Heights Apartment Complex in Willimantic. The program assists up to 64 children ages 3 to 5 years old and their families. He said that funding comes from the Connecticut Office of Early Childhood and the Town of Windham. Beadle was confident that future state budget cuts will not affect this program. “My belief is that the (Connecticut) governor (Dannel P. Malloy) has demonstrated a tremendous commitment to early childhood education. He always said he wouldn’t cut early childhood education. If you assist them (children) at that level, you help them with lifelong learning and success. Those who go onto kindergarten are ready to learn and ahead of their peers that didn’t go,” he said.

Other programs that WRCC supports are designed to help younger folks. They include Windham Children’s First Initiative, Discovery Program, and Windham Parent



UConn intern Brian Borruso finished up his project building a school garden at the Windham Early Childcare Center in Willimantic. Contributed photo.

Network. Those programs promote school readiness while encouraging parental involvement. “The WRCC always prided itself in running high-quality program that are evidence-based, providing good outcomes for children and families. Now and in the coming years, the agency will maintain and provide the highest quality and quantity programs based on funding from federal, state, local, and private sources. We will manage whatever cuts come and will do our best to help people,” Beadle said.

Those who would like to make a donation to the Windham Regional Community Council can mail a check or money order to their office address or visit them during their office hours which are Monday through Friday 8:30 a.m. to 4:30 p.m. Those donating should specify on the check or money order which program they are donating to along with their name and address. Their office is located at 872 Main St., Willimantic, CT, 06226. For more information on the Windham Regional Community Council, visit <https://wrcct.org/> and to read more on Grow Windham, visit www.growwindham.org, Visit www.windhamfood.org for more information on the Windham Community Food Network and go to www.willimanticfarmersmarket.org to read more on the Willimantic Farmer’s Market.

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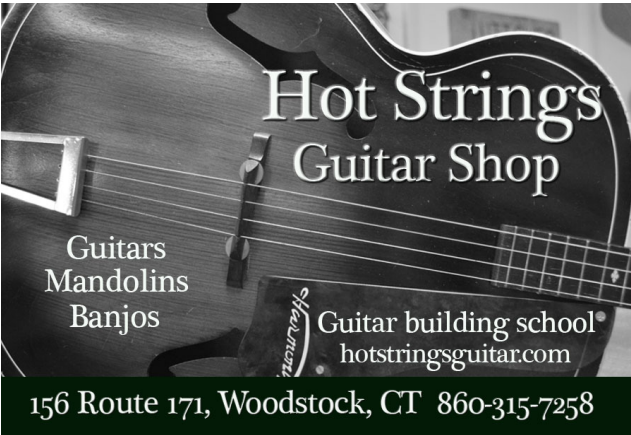
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Wild and Antic Willimantic

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 second part of a two-part excerpt from the book’s introduction to its chapters about the ‘heroin heroines’ of Willimantic. www.GoodGirlsOnBadDrugs.com

PART TWO

Heroin Town

During the fall of 2002, the cold winds of change swept the leaf-strewn streets of downtown Willimantic. The closely knit street drug and street sex counterculture communities were torn to shreds. That was during a bygone era when newspapers still assigned long-term projects to investigative journalists and roving photographers. During the preceding summer, Connecticut’s leading newspaper, the Hartford Courant, sent two seasoned crime reporters and one award-winning photojournalist on a four-month expedition to Willimantic, mostly during the afternoons, even though street life begins to stir only with nightfall. Observant of their profession’s code of ethics barring them from paying for interviews or photo poses, the news journalists bestowed on their subjects only gratuities of packs of cigarettes and buffet dinners at restaurants. Four heroin addicts receptive to their tokens did allow the reporters to glimpse their world. But only four? The journalists interviewed many outside players and pundits as well, including police chiefs, narcotics agents, community leaders, social workers, and drug counselors. They interviewed even Mr Friendly Man. Yet even the most objective journalists still peer at the present through the lens of their pasts. Seasoned crime reporters rub elbows with cops, not crooks. Journalists who meet police approval are given tours of the city streets from inside patrol cars, not paddy wagons. They report crime from the halls of a courthouse, not crack house. After four months of softly poking around Willimantic’s drug scene, the lead reporter still had not heard of Jonathan’s on one end of downtown or of Leonard’s on the other end. Hiding behind their liquor licenses, both bars were Willimantic’s main bizarre bazaars for heroin. Where was the reporter for those four months?

The lead reporter had dragged to Willimantic not just her outdated notepad but also her own antiquated personal agenda as a strident supporter of drug prohibition. Our beliefs are shaped by our experiences, and what we see is slanted by what we believe. She stepped away from the sidelines where she had been cheerleading for the failed War on some Drugs, and four months of peering distantly through her telescope into the trenches of Willimantic had only entrenched her views. She talked to people not because she wanted to hear what they had to say but because they said what she wanted to hear. As an interviewer, her questions revealed more about her than could any addicts’ answers about themselves.

The *Hartford Courant*’s five-part series debuted in a thick Sunday edition with the front-page headline “Heroin Town,” a nickname coined earlier by a local college professor. The heroin epidemic among Willimantic’s sons and daughters that was well known to Willimantic’s mothers and fathers suddenly became news that astonished the rest of Connecticut.

Of the four heroin addicts who courageously consented to interviews and photographs, three were female. Not coincidentally, all three females also were janes. Jessica Canwell was the star of the show, and her real sister Amy-Lee and their street sister Michelle Missino were co-stars. With her predictable junkie mindset, Jessica blamed her addiction on everyone else, even on the town itself. She would have agreed with her 19-year-old street sister named Destiny, Connecticut Inmate Number 295410. Destiny’s mother was Harriet, whose street name was Donna. Destiny and Donna were a tight-knit mother-and-daughter team that often worked the streets together. Observed Destiny about Willimantic, “The town has cancer.”

Ahead of publication, Jessica skipped town and left Amy-Lee and Michelle to face the music. When the series ran, Amy-Lee was a lightly freckled 20-year-old jane, well-mannered and soft-spoken. Sadly, 18 months after the series was published, she was still on heroin and still selling herself on the streets. Ironically, she still had seen only the initial Sunday article with her photo on the front page because, by that Sunday night, she was forced into hiding. Tragically, she still felt traumatized as she quivered

and cried while she spoke about it. As though heroin played no role in her descent, she recounted tearfully how the response to the article had played out for her.

Amy-Lee speaks:

I let them use my name and photographs because I wanted it as a warning to others to not do the same mistakes I did. The reporters made me believe they wanted to help people like me. They promised I could see everything before it was printed, and they would deliver newspapers to me before anyone else could see it. They didn’t do that. And then there were a lot of busts because of the article, and everyone blamed me. Some people wanted to kill me. I ended up not being able to go out of the house alone. That article ruined my life.

Crystal was double-troubled by addictions to both IV heroin and IV coke. Crystal’s life was already ruined, so any news coverage could hardly further destroy it. While Amy-Lee’s face was freckled, Crystal’s was scarred and scabbed where she had picked at her pimples while geeking on coke. A year after the series was published, she too was still on heroin and still selling herself on the streets of Willimantic.

Back in high school, she was a tall and lanky basketball star who had hoped to enroll in UConn and to join its famed women’s basketball team. Hearing about her youthful promise, the reporters hoped to interview her so asked around for her. But she avoided them. Even a year later, 30-year-old Crystal still strongly took umbrage with the newspaper reporters.

Crystal speaks:

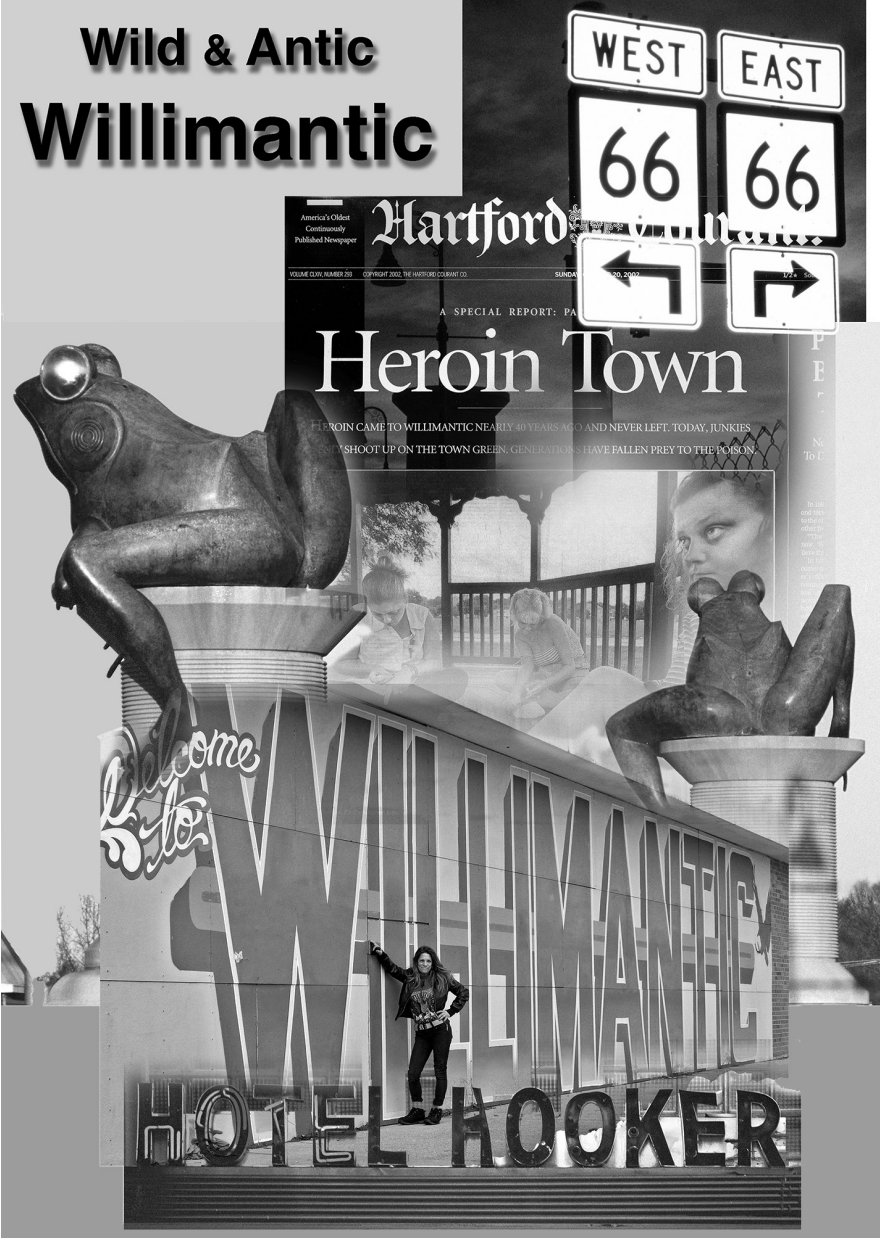
They said they were doing it to help people on the street. Like they were writing about it to help the girls. They didn’t. It was the total opposite. They were saying they were going to portray them as victims, but they made them look more like villains, like they enjoy life on the street. That’s what they made it look like, and yet it’s total opposite.

No one wants to be strung out on heroin and on the street and having to do what we have to do to get money. No one wants that. No one.

Crystal and all her street sisters were not the only ones who criticized the news stories. Willimantic politicians, police, and residents alike blasted the Hartford Courant for sensationalizing the drug scene. Those who suffered the fallout from the articles were not the reporters but the addicts. “There were a lot of busts because of the article.”

Heroin Town Unbound

Soon after the series was published, Connecticut’s governor John Rowland and the White House drug czar popped up for a photo op in Willimantic. Rowland pledged that the state’s narcotics task force would drive drug trafficking off the streets of Willimantic. Off the streets but then onto where? Television news crews typically follow the trail of stories first brought to light by local newspapers, and in 2003 news anchor Dan Rather followed the Hartford Courant’s trail to chronicle Heroin Town for CBS-TV’s 60 Minutes, the leading Sunday night family TV show. He interviewed Jessica Canwell, hiding out in a drug rehab ward, as well as the female reporter. National audiences then learned what Connecticut already knew. In 2005, Little Willi became the smallest American city anointed with funds from the federal Weed and



Seed initiative to fight drug abuse. The town received \$1 million to “weed” out drug crimes and to “seed” the city with drug treatment programs. Most of the money went to drug interdiction, not to drug treatment.

“To rid the hotel of drugs, prostitution, and other crimes,” state prosecutors took the owner of Hotel Hooker to court under Connecticut’s nuisance abatement law and shuttered the property. The dilapidated building, which had retained its namesake as a hotel for over 100 years, was placed in receivership, converted to low-income housing, and renamed Windham House. But as Windham House, it fell into disrepair and, in 2009, was condemned as unsafe and closed down. The Windham House name, which had replaced the weather-beaten three-dimensional lettering

proclaiming Hotel Hooker, was itself removed from the marquee. To this day, the vacant building with unappealing mustard-colored peeling paint remains shuttered and nameless, but its notoriety endures.

Threadbare City

The Weed and Seed program ended in 2010 but the drug use did not. Wardens and guards cannot keep bulky and fragrant marijuana out of prisons, so neither can police and narcs keep scentless and inconspicuous heroin out of cities. Clandestinely, drug dealing continues in Willimantic as in most American cities, none devoid of drugs, none free from addiction.

Streetwalkers no longer cluster at hotels nor in parks. They seldom parade down Main Street. Instead

they saunter on East Main and on Valley Streets. Or they stand on the streetcorner on the south end of North Street. Afoot and alone, they skulk on the side streets, on the back roads, in the shadows, in the darkness. Clandestinely, streetwalking continues in Willimantic as in most American cities, none absent of prostitution.

When Hartford shut down its red-light district, the state capitol deprived the participants of their traditional indoor lairs. So hookers conducted their business in the johns’ recently affordable cars. To first hookup, they scattered onto the streets in other corners of the city. The year of that crackdown was 1911. More than a century later, nothing has changed.

Lorrie is a real survivor, a heroin addict since age 19, and since 2003 a streetwalker in Willimantic, and before that in almost every large city in CT. Even in 2017, at age 59, she is still on the streets of little Willi. She was raised by parents who both were alcoholics. Her husband fatally OD’d. With such a long history as a heroin addict, she has an equally long history of arrests and failed rehabs, all too many to count. She guesses she has been arrested 42 times, mostly for prostitution and drugs, none for shoplifting (“I don’t steal.”) with 30 of those arrests resulting in convictions. She guesses she has been through 20 detoxes, with 15 of the them followed by drug rehab, with all 15 of those rehabs followed by relapse.

Though society judges her as merely a heroin addict, she is more than that. Out West, she was a horse trainer. Back in CT, where was born, she worked seasonally in the state parks and year round as a dog trainer. In fact in 2017, even while walking the streets, she sometimes does so accompanied by her mixed pug and Russell terrier.

Quote: “I enjoy getting high, I just don’t like the repercussions that come with it. There’s a lot of good stuff about me, I just don’t exercise it often.”

Reflections on the Impact of Catastrophic World Events And the Meaning of Resourcefulness

By Edmund J. Smith, LCSW

In the history of psychoanalysis, it has not always been the case that practitioners have looked upon the world scene as a factor within the context of mental health or illness. An early impression of mine, before I entered this field, was that psychology had sought to explain emotional states by referencing innate drives, as per Freud and others, that stood independently of environmental factors, be they the proximate conditions of family life or the global reports that strike ever closer to home. Regarding Freud and Co. Judith Lewis Herman wrote, in her landmark book, *Trauma and Recovery*, that the iconic psychiatrist had begun to diagnose hysteria in women as deriving from sexual abuse, based on stories they had shared with him. Freud soon abandoned these inquiries, concluding that they were too disruptive to his practice, which focused on helping women find ways of ‘adjusting’ to their conditions of life, rather than questioning them.

The broader emphasis, which persists to this day, on the ‘matter-of-fact’ nature of mental illness, perpetuates the same message as in Victorian times, that patients need to accept what is and refrain from blaming the conditions of their lives on externalities. When people are confronted with the grinding reality of medical, mental, and economic hardships, it is indeed a small consolation to offer that their lots will improve if only they remain faithful to the treatment options they’ve been given. One sensitive topic, which surfaces over and over again in therapy situations, is the determination by the patient (with the therapist’s support) of what part of their problems are driven by their own choices, what part has been imposed by their life circumstances. Part of those circumstances consists of the information that confronts us with every smart phone click or in turning one’s head in a given direction towards a screen...

As we look out upon the event horizon that shapes our sense of this world, one does not have to look far to be broadsided by apocalyptic reports from the realms of nature and of politics. It may appear as if there is a race between the two (which in reality are not always distinguishable).



What we have seen in the barrage of disasters enacted by the variously named hurricanes, the earthquakes, and the more distant flood disasters in Nepal and India (where else, what else?) evokes an awareness of events as if crafted from the play book of the Book of Revelation. Indeed, it is inevitable that many of the religiously-minded are confirmed in their belief that the end is at hand.

But, to a greater extent than in past times, it has become the opinion of more than a few erstwhile activists as well as others who ground themselves in empirical fact, that we are facing realities that may not admit to correction by human intervention. To be blunt, many now say ‘we are f*cked’. Responding to this generalized state of despair, it is of no use seeking to placate people by reassuring them about the power of prayer or by minimizing the extent of the crisis. That would have the same effect as supplying our children with nonsensical stories about the tooth fairy or Santa Claus. Though children will want to believe in the latter, looking for their respective rewards, adults cannot afford to be mesmerized by such pie as that which remains in the sky.

What are we to tell those already afflicted by the various forms of mental illness may be a matter of what we are to tell ourselves. In a society that is sick, we are all bearing the symptoms, the significant differences between us being the degrees to which we are able to marshal resistance; just as an individual organism is able to rally against an invasive disease while another one, deficient in immunity, sadly succumbs to it.

Many of my clients reside in a world in which the threats that flash across the media are no so very far from the lived experience that they daily endure. News of the devastation of Puerto Rico has especially affected many, whose families are stranded in unimaginable conditions, among these being sustained loss of communication with the outside world and even within the country itself. Similarly, the continuing seismic activity in Mexico has a considerable number of people locally stressed about the fate of their families.

And such events only indicate the parts played by nature! The tightrope that the planet presently navigates between the endpoints occupied by nuclear brinksmanship place us in a permanent state of contingency, only ameliorated by our collective ability to remain present to our own lives tasks. The extremity of human need, writ

large across our minds, endangers our sense of balance and ability to remain calm, presenting as something all-engulfing in its reach.

Remembering something about ourselves as a species is presently in order. Often enough it is brought to our attention how destructive we can be, how cruel, and how extraordinarily heedless of the consequences of our actions. These traits are inarguably part of the historic record, and hound us with new permutations each day. What must not be forgotten, however, is our genius at adaptation, our resilience in eking life out of the very cracks in the walls that surround us. The business of life is life itself. We, in our own way, are like our distant cousins, the plants, resolutely turning toward the light. In our case (notwithstanding vitamin D deficiencies!) the task is to turn towards the light of ourselves, to embrace who we are, each of our individual selves. To take this step is the first and fundamental step towards the greater illumination of life among those around us. If we deem ourselves deserving of love and care, putting such belief into practice, we stand to strengthen the cause of those around us, by whatever means available, through our own gifts. This is not a prescription to look away from the darkness, but to be the light the dispels it.

Ed Smith is a local clinical social worker and founding member of the Think and Do Philosophy Club.

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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Conscience – Gandhi’s Teacher

By P.K. Willey, Ph.D.

Gandhi was known as a man of Conscience. To study Gandhi is humbling. The sincerity of his obedience to Conscience dissolved the barriers human beings make between each other on the false pretext of religion, culture or other petty divisive garb. His contemporary biographer Roman Rolland stated:

“Gandhi was a new incarnation, denouncing the illusions and the crimes of civilisation and preaching to men the return to nature, to the simple life, to health. Governments pretended to ignore and despise him. But the peoples felt him to be their best friend and their brother. I have seen here, in Switzerland, the pious Love that he inspired in humble peasants of the countryside and the mountains.”

What is Conscience? It is a universal endowment, we all have one. Conscience enables or teaches us to distinguish right from wrong. What is right or wrong? These are questions we need to ask of ourselves. Generally, we look within ourselves to know the answer. Awareness of Conscience appears to have a great deal to do with Harmony. This sense of Harmony is not with fads, or poli-social correctness, with fitting in a particular group. Harmony deals with the broader picture of life that holds our next breath in every sense of our awareness we can muster. Harmony is always greater than the chaos that negates it, it is the sustaining force, it is what IS, what Gandhi called Truth. He advised:

“Always aim at complete harmony of thought and word and deed. Always aim at purifying your thoughts and everything will be well.”

About evil, about what is wrong, Gandhi said:

“Satan is not a person but a principle—the principle of negation. God is, therefore, life giving and is life itself. The principle of negation is a dead thing, but just as a corpse may look like a living being, so does this negation deceive man. Deluded by maya (the illusion of differentiation) man pursues this lifeless principle, thinking it to be the thing for which to live.”

Conscience is a faculty or principle within us that we can nurture or starve, we have choice. Of some disturbed human beings who have committed atrocities against others, it has been said, ‘they killed their conscience.’ In some extreme cases, the faculty of conscience does appear to be numb. Conscience is something that grows and refines with use, to become a disciplining, guiding ‘voice’ or ‘knowing’ within us. That we are aware of this developmental potential of Conscience, we demonstrate to one another with phrases that express that understanding, saying a particular person ‘has a strong Conscience.’ We equate integrity and trustworthiness with obedience to Conscience. Our ethical instinct, when worked, refines the ground within us, making our self-identification to our Conscience as being what we really are, happen.

Editor Swaminathan, in his forward to the 99 Volumes of the Collected Works of Mahatma Gandhi eloquently stated, “His creed was that no person aspiring after perfection in his individual life could remain indifferent to his environment or could try to serve the world without seeking to transform its life ethically and spiritually.”

Of himself, Gandhi said: “I am incorrigible...The only tyrant I accept in this world is the still small voice within.”

As Gandhi’s teacher, Conscience required his devotion, love and loyalty. Conscience soon came first to him; before the ties of family, friends, and influential

acquaintances. Gandhi’s older brother had financed his law-school education in England; in his struggle for obedience to conscience, he could no longer value his education – to interpret British Law. Facing his brother’s chagrin, Gandhi wrote to him revealing the depth of his commitment to his Conscience:

“Now you have turned away from me because my views have changed...Since you consider this change has been for the worse, I can quite understand that some of my answers will not be acceptable to you. But, as the change in my ideas is due to my pursuit of Truth, I am quite helpless. My devotion to you remains the same as before, it has simply assumed a new form.”

Through his fidelity to that “still small voice within”, Gandhi became utterly fearless, for what do we fear most, but one another? Gandhi evolved his relationship to Conscience, into Satyagraha – the power or force generated by holding on to Truth. It was during a trip in 1909 to England to plead the cause of ‘British Indians’ in South Africa, that his confidence, complete trust and total faith in what he knew of his Conscience, came alive. It made him fearless:

“My ideas about Satyagraha had now matured and I had realized its universality as well as its excellence. I was therefore perfectly at ease. Hind Swaraj (his booklet, Indian Self Rule) was written in order to demonstrate the sublimity of Satyagraha and that book is a true measure of my faith in its efficacy. I was perfectly indifferent to the numerical strength of the fighters on our side.”

This point in his life is a very profound one. He was 40 years old. He had attained absolute certainty in his ideals, in the ability of his Conscience to guide him. He

was convinced, through and through, in his being, of the reality of this relationship within himself. Adhering to that “still small voice” was his doorway to Truth, what he called God, for him it was Law, he dared not go against it; it became to him the essence of all religion, the basis of his religion:

“The ultimate definition of religion may be said to be obedience to the law of God. God and His law are synonymous terms. Therefore, God signifies an unchanging and living law. No one has really found Him. But prophets have, by means of their tapasya (unerring obedience as penance) given to mankind a faint glimpse of the eternal law.”

All life, all human beings, are in a process of change. We learn and unlearn many things. Perhaps our greatest growth lies in our ability to unlearn the unreal that we have been taught from without, and find the real within.

Gandhi kept up a deep inner philosophical discourse with his Conscience, his contemplation on the nature of reality never ceased:

“Have you not seen my definition of God? Usually I had been saying and writing that God is Truth. In the new manual I have deliberately improved upon that definition and I now say Truth is God. I am here thinking of that Truth which transcends even God. It is not only at prayer time that I have this realization. I may say it is in me while eating and drinking, evacuating, reading, writing this, writing other things, delivering speeches—it is there every moment. In spite of that, there is no limit to my imperfections, because the realization is only awareness; it has not permeated my being. That may not even happen during this life. However, why should I worry about it? It is within my power to make an effort. The result is in the hands of Satyanarayana (Lord who is Truth).”

I will give you a talisman.

Whenever you are in doubt, or when the self becomes too much with you, apply the following test. Recall the face of the poorest and the weakest man whom you may have seen, and ask yourself, if the step you contemplate is going to be of any use to him. Will he gain anything by it ? Will it restore him to a control over his own life and destiny ? In other words, will it lead to Swaraj for the hungry and spiritually starving millions ?

Then you will find your doubt and your self melting away.

न.म.विली
CSM. इ.म.जी

Gandhi’s Talisman. A call to awaken our Conscience as our teacher.

Gandhi was a spiritual aspirant in whom the balance within was approaching harmony. That immense and all-pervading love began to show its inexorable power in the environment around him. To aspirants for harmony with reality, students of Love and Truth, his footsteps sound a world-wide ring upon the Earth. Each one of us must walk to his or her own drummer, the Giver of the Law within us, our own Conscience, our pure and true Teacher. Gandhi’s footsteps show us some of the ways that he heard that beat within himself:

“It is an unbroken torture to me that I am still so far from Him, who I fully know, governs every breath of my life and whose off-spring I am. I know that it is the evil passions within that keep me so far from Him, and yet, I cannot get away from them.”

In seeking “harmony between words, beliefs and acts” he was uncovering and employing ethics, the starlights of noble character. It is this unswerving dedication to Conscience, that can be awarded that nebulous term, genuine mental health. Today, we can only strive to awaken our own gumption to meet the honest efforts of such a great brother in our human family. He was Athira, the Resolute. He had forbearance and endurance. He wasn’t perfect. He made mistakes. He never denied them. He tried hard to change. His fearless, honest, ethical persistence throughout a lifetime, and most probably beyond, is perhaps his greatest legacy to us all. For these reasons and more, there appears to be an almost universal acceptance of Gandhiji as a World Teacher. And his Teacher was his Conscience. We all have one.

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Star-hopping Across an October Sky

By Bob Grindle

A couple of weeks ago at the ECSU planetarium, Dr. Sampson was leading a full-house of visitors through the night sky portion of the September Star Show. Dr.Sampson, fresh back from an eclipse viewing trip to Shoshone, Wyoming showed the crowd how to use the constellations and star patterns that they were familiar with as pointers (road signs) to navigate to other, slightly more difficult to find stars and star patterns. He admitted that even seasoned professionals use the technique to orient themselves in a night sky that is constantly moving and unfolding into a kaleidoscopic display of thousands upon thousands of stars, with a few planets, a moon and every once in a while a satellite or space station thrown in...to say nothing of the frequent jet liner blinking quietly as it cuts through the twinkly heavens.

It's been a while since we talked about using this star-hopping technique to navigate our way between constellations and patterns (asterisms) in the sky so I thought, "why not?" On average, the night skies of October are the least cloudy of the year here in New England, so what better time to try and imagineer a sort of breadcrumb trail across the darkness of early autumn's skies. Let's start with nearly everyone's most cherished and familiar star-pattern, the asterism The Big Dipper. It's actually part of an enormous constellation, Ursa Major, the great Bear, but very few people can pick out the whole constellation.

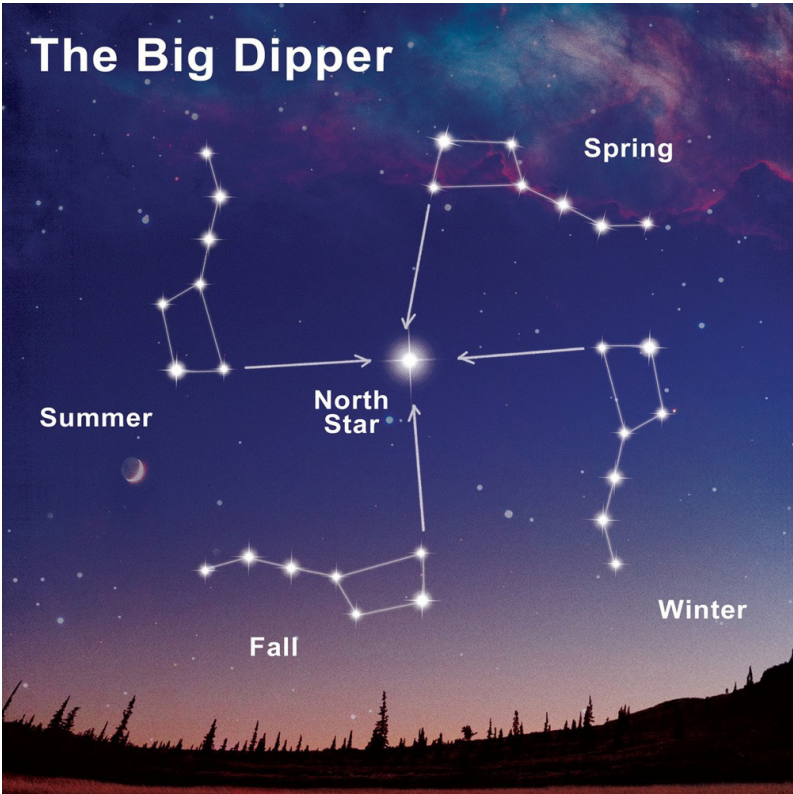
The Big Dipper is very low on the Northern horizon at this time of year, so if you have a good view to the North find the 7 bright stars that make up the Big Dipper—they form the rear haunches of the bear but actually look nothing like a bear. They do however look like a drinking gourd which is by which villagers on the African continent knew this pattern. Once you've found the Dipper, look to the right for a slightly dimmer triangle of stars...these make up the bear's head, and with a couple of stars in each leg, it actually looks like the bear is walking along the horizon. But back to the Big Dipper, we're still looking north. Find the front edge of the cup on your right and use these two stars to point upward about four times the distance between them. The rather unimpressive star you come to is the North Star, Polaris.

Polaris may not look like much but it's an immensely useful signpost. The entire sky appears to rotate around it as if its position were fixed. In fact, Polaris' name in Hindu is Dhruva, immovable and in medieval times it was known as the "lodestar", synonymous with guiding star. Shakespeare used the pole star as a reference for steadiness and constancy of honour. But we'll just continue with our little journey...using Polaris in a docent capacity to help us find Cassiopeia.

As it turns out, following the line from the Big Dipper's outer edge and stopping at Polaris is about half way to the loosely outlined W, somewhat flattened and spread out, that forms the fairly easily identified constellation named after the legendarily vain queen of Greek mythology. The Big Dipper and Cassiopeia are always visible, rotating around Polaris throughout the year. Find one, look across the sky and find the other.

Turn now and face South, look high in the sky and very comfortably you'll still find the Summer Triangle still dominating with its very bright threesome of stars...Vega to the west, Deneb to the left of Vega and Altair slightly south.

Since we're already looking south, turn to the southwest late in the month and very near the waxing crescent Moon you'll see Saturn—ahhh yes, the very Saturn



that our exploring probe Cassini very recently crashed into. Saturn is with us pretty much all month, but being able to use the crescent Moon as a signpost can help to distinguish this bright planet from the surrounding stars.

For those who prefer looking up in the morning, as the Moon wanes in the early part of the month, it passes through Taurus in the southwest and very near Orion with its remarkable and unmistakable human-form outline of stars. Turn just a little to the east and there is the always delightful Venus. Wait a week or so and after mid-month, as the eyelash thin crescent Moon wanes in the wee hours just before sunrise it will cup Regulus (the heart of Leo), like a gem on a spoon, on the 15th, and wink between Mars above and Venus below on the 17th just before disappearing completely. Marvelous!

Once in a while I'll feel a bit of despair at the prospects of the human condition. We are not the best behaved—or most evolved—of species. Then I'll watch the majesty of the Cosmos as it percolates through its never-ending and ever-changing process of brewing the next moment and then the one after. Our Planet and our Universe will be just fine...with, or without us. Things will go on and they will change, with, or without us. I personally hope it's with, but that moment has not yet been brewed. Enjoy this wonderful season in our wonderful corner of the Planet.

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



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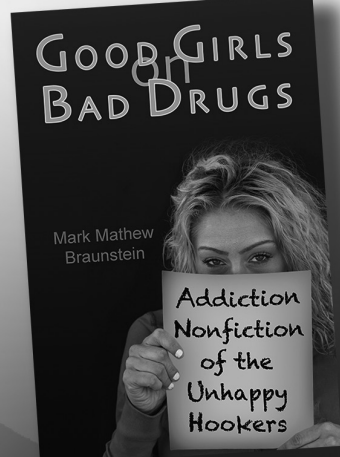
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The Think and Do Club Wants You

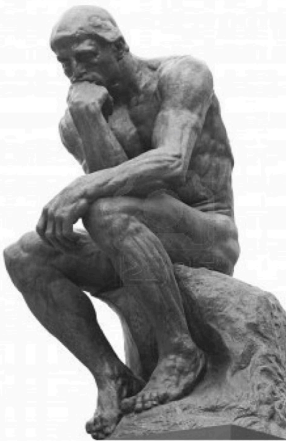
Submitted by Edmund Smith

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

Next meeting of the Think and Do Club: Tuesday the 10th of October; Mansfield Library Buchanan Center 6 PM:
'Reading from the Book of Renovation:
Averting the Worst of Climate Collapse'.



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>

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Thank you. T. King, Publisher

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:

- 1. Is There Room for Mansfield in UConn Nation? Part 3 in a Series.
- 2. Profiles of Local Community Radio Programs at WECS-FM at Eastern—Get Involved!

Part 3—Is There Room for Mansfield in UConn Nation?



A Media Forum and Program Series

The response to the first program in our second season has been strong and emotional. Thank you to everyone who replied and commented on the conversation with Charlie Vidich and Richard Sherman. The 15-minute program can be viewed anytime online at: <https://communityaccessstv.viebit.com/vod/?v=M48ph8eaCbbs&s=false>

We are tapping into a large source of deep community concern, political frustration and unhappiness regarding the quality of the relationship between UConn/Storrs and its host community. There is a long history to be explored and shared as we connect recent expansion and growth at UConn with its history of institutional behavior and treatment of the local environment and people.

I am part of a team that is using local media to explore the quality of the relationship between the people of Mansfield and the University of Connecticut. Our hope is to make a difference and support the creation of holistic and long-term successful solutions for all.

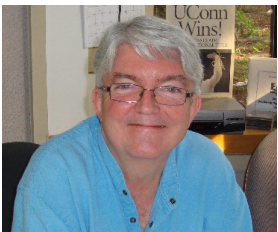
This unique local content is shared across local media platforms to maximize audience. Audio from TV programs is aired on my WECS-FM program The Pan American Express on Tuesdays 12—3 pm at 90.1 FM and on the web at www.wecsfm.com. TV programs are also on social media at the Facebook page of the Mansfield Neighborhood Preservation Group (MNPG).

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

I am pleased to share valuable research 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 three 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 important!



From Wednesday September 13, 2017:

“Chronology of Events Connected with the UCONN Land-fill and Chemical Pits Remediation: 1960 to 2017”

<http://uconnlegislation.blogspot.com/2017/09/chronology-of-events-connected-with.html>

This has background connected to the ongoing plans for installing sewers in the area.

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/uconn-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>

Later in the year we will of course invite UConn officials to join our conversation, including President Herbst and some Trustees. After the history and context is established through these programs and shared with them (in case they miss the original broadcasts), we hope they will answer questions about the past and future plans, share their context and priorities, and provide clarity, insight and reassurance to the people in our region.

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 series in future issues of *Neighbors*, WECS Radio and Charter Public Access TV Channel 192.

Profiles of Local Community Radio at WECS FM at Eastern



WECS 90.1 FM and www.wecsfm.com

Last issue I covered the move of WECS Radio at Eastern into new temporary studios in Goddard Hall Room 203 on campus. The Communication Building is undergoing 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.

WECS is a community radio station and NPR-affiliate with students and local residents working together to provide unique and locally focused music and culture programs and coverage of special events at Eastern.

The radio station website was down for the move but it is back up with live streaming. It is being updated at press time and some very exciting new programs are on the way—give a listen!

Below are personal profiles about four WECS staff members. I will feature more in the months ahead.

Art Heriot, Host/Producer of “The Jazz Ride,” on Sunday 5—8 PM

My voluntary contributions to the WECS community over the past 25 years, both as a DJ and Jazz Music Director, have been “extremely rewarding”, both personally and professionally.

The intent of “The Jazzride” is to spread my free-form love of jazz over the airwaves - music I feel is underrepresented in the area. With each new show, I hope to catch the ear of one more person who will become a “Jazz-

head”. It also gives me a chance to showcase new jazz, jazz from the past, feature legendary artists and under-appreciated artists, and talk about their contributions to jazz. There is nothing more satisfying than to play something on the air, and have one of our many listeners call in to comment or just to say “Wow! - I’ve never heard that cut before, who was that? “That’s what it’s all about!



Morgan Cunningham, Host/Producer of Oldies Come to Life, on Fridays 7—10 PM

Starting in 2010 as a 14 year-old radio enthusiast, I launched Oldies Come to Life as a music program geared at reviving the best music of the 1960s, ‘70s, and ‘80s. For the past seven years, and now as an Eastern media student, I have specialized in crafting a unique mix of popular hits from the Beatles to the Bee Gees, with a handful of one-hit-wonders.

My Top 9 at 9 feature became very popular with my audience, which includes Internet listeners from around the world. It’s a retrospective countdown based on old record industry sale charts. I also include history and stories between the songs.

I host special 13-hour marathons for New Years and other holidays, present local musicians as co-hosts, and welcome song requests. To get in touch with me please email oldiescometolife@gmail.com .



John Hacklin, Host/Producer of “Bucket O’ Lard” on Wednesdays 7—10 PM

Growing up in Brooklyn, NY during the 1970’s and 80’s I was turned on to radio by legendary iconic DJs like Bob Fass on WBAI and Vin Scelsa on WNEW. There were countless lesser known DJs populating the airwaves back then like Tim Sommer on WNYU and “The Rude Boy” on WSOU that were just as influential. They taught me what makes good radio and it is not about the type of music but how it’s presented. Inventive segues, attention to themes, tempo and flow all contribute a certain mood that is exclusive to that night’s broadcast. Sometimes a show takes on a life of its own. It might be a celebration of the seasons, an investigation of social causes or a psychedelic head trip, but it is always more than a collection of songs. You’ve got Pandora for that.

I’ve been doing a show on WECS for 16 years but music has been my life for as long as I can remember. My father was a jazz cat with a deep understanding of classical and folk. A lifetime obsession with the Grateful Dead has expanded my musical knowledge even more to include everything from world music to electronic and Avant Garde compositions. Every week there is a focus on the latest Jam bands and Roots music and the musicians that influence them. You also might hear funk, reggae, punk or Pan-amanian tin miner chants. I’ve also been lucky enough to score live interviews with musicians like Jorma Kaukonen, Keller Williams and George Porter Jr., as well as numerous locals. You never know when there might be ticket and CD giveaways or a live in studio performance. I’m on every Wednesday from 7-10 PM spinning some head music for your soul, soul music for your head. Thanks for listening.



Eumir Abela, WECS Operations Manager and Music Director

On top of being the Music Director working with industry contacts for music service, Eumir is also the Operations Manager, overseeing the day to day life of a campus/community radio station. Eumir started at WECS by becoming a DJ as a freshman on campus. His curiosity towards music was something he wanted to develop and incorporate into his college career. The different backgrounds of faculty, members and students opened him up

to a community of like-minded individuals that direct WECS’ attention towards the campus, Willimantic, and beyond. His music program is currently being scheduled at press time, but the entire WECS schedule is online at: <http://wecsfm.com/schedule/>

Eumir encourages new people to join the staff—the door is open for new voices and program ideas! See the website below for information for new potential staff members:
<https://sites.google.com/view/wecsportal/home>

If you would like to join the radio family at WECS contact Eumir at: wecslistens@gmail.com or yours truly!

Other 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!

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. On the Homefront is also on Channel 192 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 autumn. See you next month!

John Murphy
john@humanartsmedia.com

Second Annual Fun Run and Nature Walk on Nipmuck Trail

Submitted by Amanda Nappi

Natchaug Hospital is hosting its second annual Fun Run & Nature Walk on Saturday, Oct. 14 on the east branch of the Nipmuck Trail.
The event kicks off at 8:30 am with registration at Natchaug Hospital; heats of participants will be transported to and from the start/finish line from the main hospital. The cost per walker or runner is \$40, which includes a t-shirt and lunch. All proceeds from the event will support Natchaug’s clients and programs.
For more information, contact ashley.laprade@hhchealth.org or visit www.natchaug.org/trailrun.
A member of the Hartford Healthcare Behavioral Health Network, Natchaug Hospital is a Joint Commission-accredited, non-profit organization providing special education, mental health and addiction treatment for children, adolescents and adults through a network of community-based programs in Danielson, Dayville, Enfield, Groton, Mansfield, Norwich, Old Saybrook, Vernon and Windham.

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Frustration

By Felipe

When did it become a thing to totally disrespect a disabled individual? I have learned as I’ve gotten older there are less people wanting to help the individual succeed. Especially if he or she requires help seven days a week, 365 days a year. Being a disabled individual I never asked for this. I never asked to be in this position.

What happened to the compassion for the individual? Is that completely gone out the window? I know it is the way people look at me and treat me over the years and I don’t like it. I’ve always wanted to be treated as you would treat a normal person. Is that too much to ask? Is it too much to ask, knowing that you have to have help twice a day, every day? It’s not like I’m occupying anyone’s time all day long. I just want to live a normal life as much as humanly possible.

I understand people get burned out performing home care, but that doesn’t mean I deserve to be disrespected. I’m not calling out any individual, just have compassion for the person you’re taking care of. Put yourself in his or her shoes. Put yourself in his or her wheelchair. Imagine you have to be in it for 18 hours a day. Imagine how uncomfortable that can be at times.

So when you walk through that door and you’re taking care of a person with cerebral palsy, or any disability, have a little compassion. That person’s life is a little more difficult than yours, especially when you are an able-bodied person. Live a day in their shoes and you might think twice about being disrespectful.

Jimmy Halloran To Talk About Heroin Addiction

Submitted by Anne Christie

On Saturday, October 14, 2017 at 11:00 a.m., Fletcher Memorial Library, 257 Main St., Hampton, will welcome “It Ain’t Over Till The Fat Lady Sings” author Jimmy Halloran. Jimmy draws attention to addiction and addresses how he overcame a seemingly irreversible addiction to heroin, the subject of his memoir.
This presentation should be of interest not only to those battling addiction of any kind but to the loved ones of those who are addicted. Methods of prevention, rehabilitation and after care will also be discussed, as well as lifestyles of the using addict and those now living a life after drugs.
This program is free and refreshments will be served. For information call 860 455-1086 or email: fletchermemoriallibrary@gmail.com

October CLIR Classes

Submitted by Blanche Boucher

CLIR, a lifelong learning program offered in collaboration with UConn Extension, will hold the following classes in October, all in Vernon Cottage on UConn’s Depot Campus, from 1:15 to 2:45 unless otherwise noted.

Memoir Club: Thursdays, 10:15 – 11:45 a.m.

Wed Oct 4 Putin vs. the World

Tues Oct 10 Everything You Wanted to Know About the English Auxiliary Verb, But Were...

Wed Oct 11 Gender and Politics in a Comparative Perspective

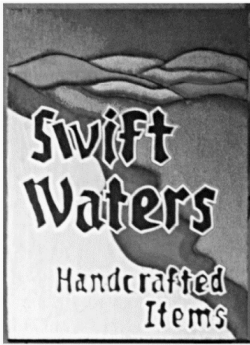
Tues Oct 17 AARP CT presents The Con Artist Playbook: A Look Inside the Mind of a Criminal

Thurs Oct 19 They Called Her Reckless: A True Story of War, Love and One Extraordinary Horse

Wed Oct 25 Before the War: The Multicultural Empire of Vietnam

Thurs Oct 26 Gender from the Perspective of a Biopsychologist

Tues Oct 31 The History and Mission of the CT Superior Court



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



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By EC-CHAP

Falling into an extended summer! As we write this article, we are grateful for the sun’s warmth and cloudless skies on this Sunday afternoon. What could be better? Well... EC-CHAP’s program line-up for October might compare to this wonderful Indian Summer we’re experiencing.

Before sharing the news, we would like to step back for just a moment. In the last issue of Neighbors, we introduced a new offering for this season: the EC-CHAP Special Local Artist Performance Program. Our premiere show was scheduled to feature Ed Smith and Friends on September 9th. Due to a death in a Board member’s family, a decision was made to postpone this event and reschedule. We apologize to Ed Smith and all those who intended to join us; and assure you that this show will be rescheduled for a future date this season.

We would like to thank all the folks who came out to perform at our first “Talent Showcase” of the season. The artists sharing their talents included: Luke Perry, Kate Barry & Ella Demers-Schiffler, Rich Brito, Jay Ames and Friends, Steve Prout, Ed Smith, and Dean Bolt. EC-CHAP’s Talent Showcases are intended provide a platform and extended time for local and regional artists to interact, perform, experiment, or simply share in front of a live, respectful, and engaged audience. A thumbs up to all those non-performers who came out to watch, listen, and support these talented artists! Talent showcases are scheduled on the 2nd Wednesday of the month, and are free and open to all ages. Call 518-791-9474 in advance to get on the schedule (recommended) or sign up at the door (time permitting).

Fall Season “First Sunday at the Mill Works”

We begin the month of October with our Fall Season “First Sunday at The Mill Works”, Sunday, October 1st from 12:00pm to 5:00pm. Our quarterly First Sunday series represents a free community event featuring open artist studios, Historical Museum, live performances, activities, period refreshments and more. This Sunday, resident artists participating at various times through the afternoon include: Chris Gunderson (graphic designer / illustrator), Carol Mackiewicz (painter / art therapist), Kim Pumiglia (Summer Sun Photography), and Brian Sneedeen (poet / translator).

Performances by Massachusetts based singer/songwriter Peter Lehdorff, and readings by Brian Sneedeen will take place in The Packing House during the afternoon; Carol Mackiewicz will offer a hands-on mini workshop entitled “Oil Pastels and Musical Influence”; and the Gardiner Hall Jr Historical Museum will be open through the day featuring new artifacts and photographs presented by Curator Pamm Summers. Refreshments representative of the 19th Century will be available from EC-CHAP Board member Donna Caplette.

Performances, Workshops and Film Showings

We are proud to offer outstanding world class talent throughout the month of October! The line-up includes:

EC-CHAP’s Acoustic Artist Series:

An Evening with Keyboard Artist Bob Malone
(Rock, Blues, Jazz). Friday, October 13th, 7:30pm



Bob Malone has toured the world as a solo artist for two decades and has played keyboards with rock legend John Fogerty since 2011. Classically trained, with a degree in jazz and a lifetime playing rock & roll clubs, theatres, and arenas, Bob’s sound is a one-of-a-kind hybrid of rock, blues, and New Orleans R&B, delivered with high-energy

piano virtuosity and a voice all his own.

As a solo artist, Bob plays around 100 shows a year in the US, UK, Europe and Australia - including sets at Glastonbury Music Festival (UK), Colne Blues Festival (UK), Long Beach Bayou Fest (US), Falcon Ridge Folk Fest (US), Blue Mountains Music Fest (AU), and Narooma Blues Fest (AU). He has been featured twice at WWOZ Piano Night in New Orleans, and has opened for Boz Scaggs, Subdudes, The Neville Brothers, Rev. Al Green, BoDeans, Dr. John, Marcia Ball and many others. As a member of John Fogerty’s band, he has played with Bruce Springsteen, Bob Seger, Jackson Browne, Jimmy Buffett, and Alan Toussaint.

Bob’s music is heard regularly on Dr. Phil, Entertainment Tonight and The Rachel Ray Show, and he has appeared on The Late Show With David Letterman and The View with John Fogerty. Doors 7:00pm / Show 7:30pm. Tickets \$20.00 Advance (online) / \$25.00 Door.

EC-CHAP Jazz Series:

Greg Abate Quartet.
Saturday, October 14th, 7:30pm



Back to The Packing House by popular demand, the Greg Abate Quartet! Greg Abate jazz saxophonist, flutist, composer continues as an International Jazz / Recording Artist with 225 days a year touring the globe. Greg played lead alto for the Ray Charles Orchestra for 2 years, and formed his group ‘Channel One’ in 1978 which was a favorite in the New England area.

A live album, Kindred Spirits, released in 2016 (Whaling City Sound) featured The Greg Abate Quintet with Phil Woods, and the Tim Ray Trio. This 2-CD set was recorded live at Chans in Rhode Island. His most recent recording, Road to Forever, was released earlier this year on the Waling City Sound label. The project includes ten original tunes written by Greg and features members of his working trio Tim Ray Trio, Tim Ray (piano), John Lockwood (bass), and Mark Walker (drums).

Greg will be joined at The Packing House on October 14th by Matt deChamplain on piano, Nat Reeves on bass, and Ben Bilello on drums. Doors 7:00pm / Show 7:30pm. Tickets \$20.00 Advance (online) / \$25.00 Door. Special student pricing \$10.00 at the door (with valid I.D).

An Evening with Jacqui Naylor and Art Khu.
Saturday, October 21st, 7:30pm



Jazz vocalist and songwriter JACQUI NAYLOR makes her debut at The Packing House following sold-out shows in the United States, Europe and Canada in support

of her 2017 release, her ninth recording, Q&A. Her albums have made the “top-ten” lists of USA Today, Jazziz and The Washington Post and she is recognized for her wide vocal range and ability to mix and “smash” multiple genres and generations of music. She is equally at ease singing the music of Johnny Mercer and David Bowie as she is her own original music, with several compositions used in national advertising.

“Naylor remains one of the most superbly arresting vocalists around.” JazzTimes
“She excels as a sensitive song interpreter with unerring intonation.” DownBeat

Naylor’s many recordings are available throughout the United States, Europe and Asia and she tours regularly in these regions at esteemed venues and festivals, including Monterey Jazz Festival, Jazz Aspen Snowmass, SFJAZZ Festival, Women in Jazz Germany, Ronnie Scott’s London, Jazz Standard New York, Jazz Alley Seattle, Snug Harbor New Orleans, and the Blue Note jazz clubs in New York, Milan and Tokyo. Doors 7:00pm / Show 7:30pm. Tickets \$20.00 Advance (online) / \$25.00 Door. Special student pricing \$10.00 at the door (with valid I.D).

Kris Adams with Tim Ray and Special Guests.
Saturday, October 28th, 7:30pm



Possessing an innate sense of time and a voice rich with the echoes of the masters, vocalist Kris Adams is truly a unique artist in the world of jazz. For over 30 years, she has sung at venues and given educational instruction worldwide, and has shared stages, recording studios, and teaching clinics with such luminaries as Joe Lovano, Luciana Souza, Gregory Hutchinson, Billy Drummond, Wayne Escoffery, Michelle Hendricks, and Paul Bley.

Kris is currently a full-time professor in the Harmony, Voice, and Ensemble departments at Berklee College and a member of the Performing Music faculty at Wellesley College. Kris will be joined by jazz pianist Tim Ray on piano and special guests Paul Del Nero on bass and Fernando Brandao on flute. Doors 7:00pm / Show 7:30pm. Tickets \$17.00 Advance (online) / \$20.00 Door.

EC-CHAP Friday Night Film Series:

“A Great Day in Harlem” | “The Spitball Story” (NR).
Friday, October 20th, 7:30pm

A documentary by Jean Bach, Co-produced with Matthew Seig, Edited by Susan Peehl. The film was nominated for an Academy Award for Documentary Feature in 1995.

“Art Kane, now deceased, coordinated a group photograph of all the top jazz musicians in NYC in the year 1958, for a piece in Esquire magazine. Just about every jazz musician at the time showed up for the photo shoot which took place in front of a brownstone near the 125th street station. The documentary compiles interviews of many of the musicians in the photograph to talk about the day of the photograph, and it shows film footage taken that day by Milt Hinton and his wife.” - Written by Daren Gill (IMDB)

Arthur Rovozzo, DJ and founder of the Saturday afternoon jazz program “Musical Myriad” on WECS radio will introduce this film with historical facts commentary. Doors 7:00pm / Show 7:30pm. Suggested donation \$5.00.

EC-CHAP Workshop Series:
Fiction Writing Workshop with Felix Giordano.
Six Sessions Beginning Saturday, October 21st, 10:00am to 12:00pm

This workshop consists of six sessions to be held in The Packing House. Each session is scheduled on Saturday morning from 10:00am to 12:00pm. Workshop dates are as follows:
Session-1: October 21st

Grad School Update

By Kevin Pratt

About a month ago I told readers that I applied to graduate school. I can now inform you that I got accepted into graduate school. Effective October 23, 2017 I will be going for my Masters at Bay Path University up in Longmeadow Massachusetts. Those people who know me personally need not worry, I will be doing the classes entirely online for the next two years and still working.

Upon getting my acceptance I told people very close to me that I got into graduate school and much to my surprise I got some feedback I was not expecting. Certain friends of mine were not happy that I applied to graduate school because they were worried or concerned about my acquiring more debt. I don't blame them for being concerned. However, you have to understand that my job is not satisfying enough anymore.

I need something that is going to stimulate my mind. A very important thing people don't understand is that we need to keep our minds active to stay healthy. That's why I decided to go back to school. The best way to keep my mind going is to be as educated as I can. With that being said I will be continuing my communications degree at Bay Path in the fall. To my friends who gave the negative response please understand. I know what the consequences are and I understand everyone's concern, but I have to keep striving. I have to keep moving forward. If you don't strive for more, you can't get more out of life.

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Thank you. T. King, Publisher

Session-2: October 28th
Session-3: November 4th
Session-4: November 11th
Session-5: December 2nd
Session-6: December 9th

This course, intended for those who have had previous writing experience, will focus on short story writing, novels, and novellas. Aspiring writers are most welcome, as are those who have a current project in various stages of completion. We will use the Iowa Writing Workshop approach to facilitate critiques and commentary constructive to the writer's work and goals.

Students should bring enough copies (max of 12) of their writing project (no more than 10 double-spaced pages) with them to the first class. The other students will receive these copies and bring them home for critique where they will then be the subject for group discussion at the next class. This will be the weekly class format for the remainder of the course.

Maximum number of workshop participants - 12.
Please check the website for more information, changes or cancellations. Online registration in advance - \$95.00.

Tickets, Reservations, Cancellations, and Contact

Tickets for all shows and program registrations can be purchased online at www.thepackinghouse.us/upcoming or at the door. Check our website frequently for new additions.

Table reservations and cabaret seating available. Unless specified otherwise, all performances will feature Bring Your Own Beverage & Food "BYOB&F"™ - wine & beer ONLY (I.D.s Required). Snacks and soft drinks will also be available. Doors open 30-minutes prior to show time.

Program cancellations will be listed on The Packing House website (www.thepackinghouse.us/upcoming). Cancellations due to weather will also be listed on the News 8 website at www.wtnh.com.

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

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).

Advice for Teenagers and the Rest of Us

Those Who Hurt are Hurting!

By Dan Blanchard

Oh! I can't stand that person! He is so mean! Why does he always have to be such a jerk? I hope I never see him again. If he ever bothers me again, I don't know what I'll do! And it won't be my fault because he's asking for it. I'm tired of him always talking trash and saying stuff to try to hurt me.

Whoa! Hold on a second there champ. Don't you ever forget that you are the one responsible for your own actions and reactions. Let's backtrack here for a moment. Why do you think this person is acting the way they are? Think about this for a moment, while considering that all human behavior is driven by something. So, now what do you think is driving this person's behavior?

Most likely, this person is in some kind of pain. It may be emotional pain or it may be physical pain. But be certain that there is some kind of pain driving this person to act out in the hurtful ways that they are towards others. People that are happy with themselves and the world that they live in usually don't try to belittle others.

Now, I hear you. We all know that this is not an easy world. We all suffer from some kind of pain from time to time. And I also agree with you that this person should be bigger than their pain and not use it as an excuse to cause himself and others even more pain. I also understand that you many not want to be around this particular painful person anymore. I hear your concerns loud and clear.

However, what I'm asking you here is to be bigger than all of this petty stuff and be different than the others by having some kind of understanding and empathy for this person in pain. Believe it or not, you may be this hurting and hurtful person's only chance today at turning things around.

You see most others probably won't recognize that

this hurtful person is hurting, but now you do. Most people will probably think that this person is just a jerk; but now you know different. I'm not saying you have to make this individual your own personal project and spend all your time and energy on him. You don't have to be his verbal or physical punching bag. Nor do you have to be a martyr. Being a martyr is over-rated anyways.

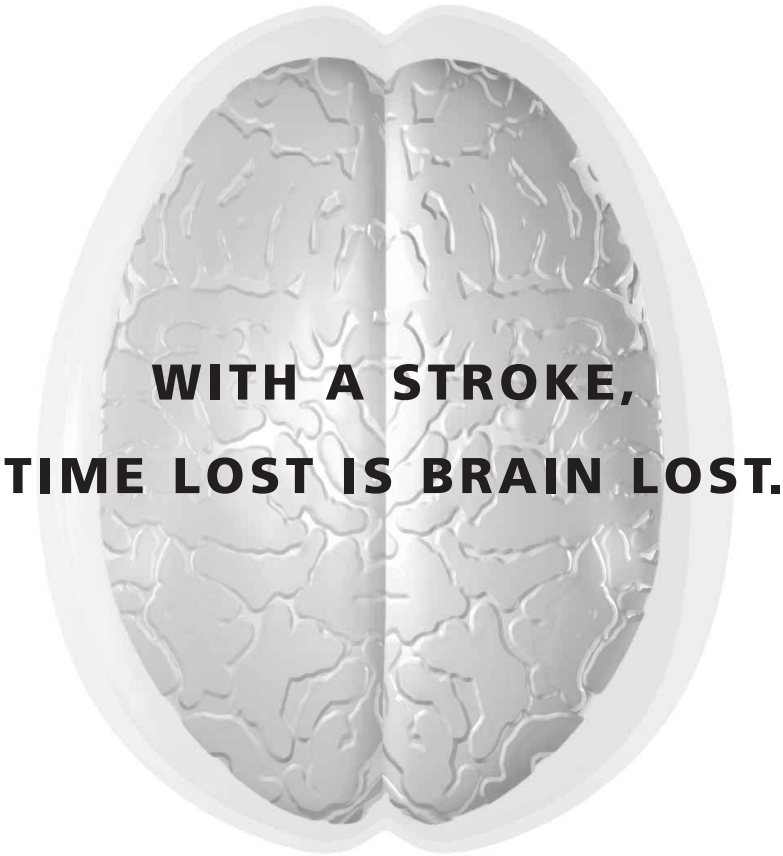
What I'm asking is that you don't go out of your way to avoid this hurting and hurtful person. When your paths cross, don't add to that path of destruction with more scornful and scorching words. Instead, just pause, smile, and try to better understand this hurting and hurtful person. And if you can muster up the courage and wisdom to do so, then please say a few kind words or even do something nice for this pain-in-the-butt person. This may be the only act of kindness that this person receives today.

Your act of kindness may be the only gentle and good thing that this hurting and hurtful person has received in a long time. And this little sliver of humanity maybe the spark that he holds onto during his darkest hours. This little sliver of humanity may someday ignite a new, kinder, and more productive lifestyle for this person. Think of the possibilities your small act of kindness can bring to this person and how it can lessen his potential path of destruction. If your small act of kindness doesn't work then you haven't really lost anything, have you? But what if it does work?

Now teens, go learn, lead, and lay the way to a better world for all of us. Remember that people who hurt are hurting. You have the opportunity to help him break free of this destructive behavior if you have the courage to understand and help. Oh, by the way, have I ever told you that empathy is one of the strongest intelligences? And once again, thanks in advance for all that you do, and all that you will do...

The Neighbors Paper
A little paper big on community

To all our contributors-
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Fighting Back Against Racism in 1830s Willimantic

By Jamie H. Eves

Angry and despairing, a few weeks ago I attended a rally in my town of Willimantic, CT, to protest the violence in Virginia, where a gang of Neo-Nazi thugs invaded the home of the University of Virginia, shouted white supremacist slogans, threatened those who disagreed with them, and murdered a counter-demonstrator. I am proud of the 700 or so folks from Willimantic and surrounding communities who stood together in Jillson Square Park and insisted that they would fight back. Several speakers pointed out that Willimantic, Connecticut, and the entire United States, too, have long histories of racism and racial violence, that we should not point fingers at Virginia, and that local as well as national conversations about these issues are needed. This is, of course, true. But history is complicated (writes this aging history teacher), and our history -- our local history, Willimantic's history -- has produced both heroes and villains, homegrown white supremacists and principled resisters.

One of the resisters was Orrin Robinson of Willimantic, and this is his story, the story of what I call “the Methodist Melee on Main Street,” the story of how Robinson and the congregants of the Willimantic Methodist Church faced down a proslavery mob, of how they physically fought back in the dirt streets of the emerging Thread City, of how they defended freedom of speech, religion, and assembly, of how Robinson went to jail for his beliefs and became Willimantic's very own Thoreau.

I found the story of Orrin Robinson and the Methodist Melee on Main Street in an 1895 article in the Willimantic Journal, a long-defunct newspaper. The article was one of a series written by Lloyd Baldwin, then an 85-year-old retired carpenter, builder, and contractor, about what Willimantic had been like in the years before the Civil War, when Baldwin had been a young man establishing himself in business. Baldwin moved from Norwich to Willimantic in 1828, as an apprentice carpenter hired to work on the construction of one of the Thread City's new, big, granite textile mills, the Windham Cotton Manufacturing Company on Bridge Street. He stayed on to build scores of houses, churches, stores, theaters, and mills. Active in community affairs, he knew the vast majority of the city's residents and was friends with most of them. Although himself an ardent Jacksonian Democrat – and thus presumably not inclined towards abolitionism – Baldwin nevertheless respected the integrity of his neighbor Orrin Robinson, an outspoken antislavery activist. Baldwin's account of the Methodist Melee on Main Street is what historians call a primary source, a first-hand account of events by someone who lived through them. A secondary account of the Melee also exists, written by Allen Lincoln, a polished 19th-century local historian. Lincoln was too young to have any personal memories of the Melee, but he had heard the story from the old timers, probably including Baldwin himself. Lincoln wrote down what he had heard in 1892, as part of a (very long) oration on the history of Windham, CT, which he delivered at the town's bicentennial.

As elsewhere in Connecticut in the 1830s, antebellum Willimantic and Windham (Willimantic is part of Windham) were sharply divided on the issue of slavery. Slavery had a long history in Connecticut. African slaves had first been brought here in 1639, only a few years after the earliest English colonists arrived. Of the first two non-Native Americans to settle in Windham, one was a slave owner, John Cates, and the other was his black slave, Joe. Slavery remained largely intact in Windham and Connecticut until 1784, shortly after the Revolution, when the state legislature provided for the gradual emancipation of Connecticut's slaves, declaring that all slaves of African decent born after March 1 of that year were to be freed on their 25th birthdays. The process was agonizingly slow, however, and slavery did not completely end in Connecticut until 1848. As a result, most of the state's antebellum Democrats and Whigs (the two major parties in the 1830s) remained ambivalent towards slavery, fearing that challenging it openly might create an irreparable breach between North and South, splinter their national parties, and result in secession or even civil war.

There were also economic reasons for Connecticutters to tolerate slavery in the South. Southern slaves planted, tended, and harvested most of the cotton that Willimantic's textile mills manufactured into thread and cloth. Abolition might imperil local jobs and profits. And even those Northern whites who did favor abolishing slavery often shared the insidious prejudice against African Americans that characterized the era. As Anne Farrow, Joel Lang, and Jennifer Frank of the Hartford Courant pointed out in their book, “Complicity,” white Connecticutters were as complicit in American slavery as anyone else in the United

States. A lot of them were willing to tolerate it, just so long as it remained in the South, safely out of sight. Northern whites as a group did not have clean hands.

Still, there were some residents of antebellum Willimantic who openly challenged slavery -- some because they feared competition from slave labor, some out of principle. Who was who is hard to tell. But among those in Willimantic who took a stand against slavery were the city's Methodists, who had only recently organized a congregation and, in 1836, built a new church on Main Street. According to Lloyd Baldwin, in the spring of 1837, the Methodists invited “an abolition lecturer by the name of Phelps” to come speak at the new church. This was not the first time they had done so, and not everyone in town was happy about it. Allen Lincoln identified the speaker as Aaron Phelps, a well known Hartford abolitionist. According to Lincoln, it was the Methodist minister, Rev. Moses White, who had invited Phelps to speak to his Willimantic congregation on three different days. On the first day, all was quiet. On the second, an angry mob gathered outside the Methodist Church in noisy protest, and threw stones through the glass windows. On the third day, a larger mob gathered in advance at the nearby Congregational Church and then marched en masse to the Methodist Church, bent on violence. No sooner had the speaker commenced, than the mob -- Baldwin called them “young hotheads, encouraged no doubt by older ones who should have known better” -- entered the church and attempted to shut things down. The mob's leader, Charles Schofield, Lincoln wrote, strode to the front of the Church, demanding that Phelps cease speaking, and threatening him if he didn't. But to Schofield's surprise, the Methodists fought back. According to Baldwin, a “rough and tumble scrimmage” broke out between the two sides that soon spilled out onto Main Street.

Lincoln provided a few more details about what happened, but not all of them were correct, so we should take them with a bit of skepticism. According to Lincoln, “young Orrin Robinson, tall and strong,” stepped out of the congregation, grabbed Schofield by the arm, and marched him out of the Church. Robinson, however, was 46 at the time, hardly young -- not as young as the “young hotheads,” anyway -- and may not have been especially tall or strong, either. Baldwin wrote that it was the congregation as a whole that resisted.

I try to imagine the scene. Tough, angry, young men, possibly armed with clubs, loud and shouting, shoving open the doors of the church, threatening the speaker and the congregation. The congregation, unarmed, surprised, likely made up primarily of middle-aged and older men and women, as well as children, seemingly no match for the organized young toughs. The thugs probably expected the Methodists to back down. That they didn't is amazing. I try to imagine these older, peaceable people, including Robinson, courageously standing up to the mob. It seems almost incredible. But they did.

Someone notified the Deputy Sherriff, who Baldwin said was James Webb and Lincoln said was Edward Clark, who hurriedly arrived with at least one constable -- and likely more -- to break up the fight. After restoring order, the Deputy chewed out the combatants (he literally read them the riot act) and -- probably to ensure that the two sides didn't start fighting again after he left -- arrested and fined 15 or 20 of the leaders on both sides.

All but one of those arrested sheepishly paid their fines and went home. However, standing on principle, Robinson, a “strong abolitionist,” refused and instead announced that he would go to jail. Again, I try to picture the scene, the angry, middle-aged farmer, incredulous that the authorities would arrest and fine him because he had defended his and Phelps's right to free speech, free religion, and free assembly under the Constitution. I find myself wanting more details about Robinson and what he was thinking. But even close to two centuries later, I can feel his palpable anger and rising passion. I think I know exactly why he did what he did.

So Robinson and “Constable Hosmer” -- who Lincoln said was William Hosmer, but also might have been Stephen Hosmer, a prosperous farmer with extensive fields at the base of Hosmer Mountain, on the edge of the city, or Stephen's son, John, a respected Main Street merchant -- set off on foot, according to Lincoln, for Brooklyn, the Windham County seat and site of the county jail (the same jail, it turns out, that would later hold another Connecticut hero, Prudence Crandall). Apparently, Hosmer was reluctant to drag the stubborn old Methodist to jail -- Willimantic was still a small community, barely more than a village, and the two families, Robinsons and Hosmers, would have known each other. So, as Baldwin wrote, “making an excuse that he had forgotten his papers, ...

[Hosmer] left Robinson in the road, supposing that would end it.” But Robinson had his gumption up, and he continued on towards Brooklyn on his own. Lincoln said he did so “cheerfully.” Hosmer returned to Willimantic, picked up any paperwork that he may have left behind, and headed back towards Brooklyn. He overtook Robinson, still on his way to the county seat, accompanied him the rest of the way to Brooklyn, and “committed him to jail.” Again, I try to picture Robinson, perhaps sputtering and angry, perhaps “cheerful” as Lincoln said, taking himself to jail, now fighting not a proslavery mob, but his own government. But still not backing down.

Thus Orrin Robinson of Willimantic, Connecticut, dedicated abolitionist, middle-aged farmer, and devout Methodist, refused to pay a fine for the “crime” of defending an abolitionist speaker's right to speak -- and his own and his fellow abolitionists' right to assemble and practice their religion the way they saw fit -- against an angry proslavery mob. He also refused to take advantage of Hosmer's implied offer to let him go home and forget the whole thing. Instead, he voluntarily went to jail, committing an act of antislavery civil disobedience more than a decade before Henry David Thoreau's more celebrated night in Concord jail for the similar offense of refusing to pay his poll tax because it supported a war -- the Mexican-American War of the 1840s -- that Thoreau believed was fought to acquire new land for slavery.

I don't know what happened to Robinson next -- how long he stayed in jail, whether he finally backed down and paid his fine, how his neighbors greeted him when he finally got back to Willimantic. Sometimes, the historical record leaves out a lot of important stuff.

As for Phelps, according to Lincoln, he escaped Willimantic unharmed. In all the confusion, “Aunt ‘Rushy Robinson” tossed her cloak over him and quietly led him to safety in her home.

Why did Orrin Robinson become an anti-slavery activist? Why was he willing to go to jail for his beliefs? Why did he stand up to a mob? The historical record is silent about all of that. But here is a nugget that may -- or may not -- mean something. Old maps show that the Robinsons (they were a large extended family) were farmers, and their farms were located along Jackson Street in Willimantic at a time when most of the land along the street was still farmland. Jackson Street was named not for former President Andrew Jackson, but for humble Lyman Jackson, a tenant farmer who lived on it. Lyman Jackson and Orrin Robinson thus were close neighbors. They would have known each other well. And one more detail. Lyman Jackson, Orrin Robinson's neighbor, was a free black man. There is not evidence enough to know anything else for sure. But it is suggestive.

I found Orrin Robinson's weathered tombstone in the Old Willimantic Cemetery, not too far from Lyman Jackson's. Both stones are modest, flat marble, with plain letters. Neither man was wealthy. Robinson died in 1864, before the end of the Civil War, which -- legally, at least -- decided the fate of slavery in the United States. But he did live long enough to witness the Emancipation Proclamation. In my imagination, I picture him smiling at that. Our history in Willimantic is complicated, with white supremacist forebears who threatened to forcibly shut down an abolitionist speaker, and resisters who -- for reasons we can only guess at today -- staged a 19th-century version of a counter-demonstration. Maybe knowing someone personally, as a neighbor, was important, breaking down barriers. Maybe it wasn't, and Orrin Robinson did what he did for reasons other than human decency. But when it comes to the Methodist Melee on Main Street, I know which side I am on.

I'll give Allen Lincoln, the late 19th- and early 20th-century Willimantic local historian, the last word. Lincoln noted that folks in his own times, sixty years after the Melee and thirty years after the Civil War, had a lot to say about the bigotry of the old days. But it is the bigotry of our own times, he warned, that we all have to look out for.



Our Community Calendar

Compiled By Dagmar Noll

October 1, Sunday

Community Food: Ashford Farmers Market, 10:00a.m. - 1:00p.m. Pompey Hollow Park, Rt 44, Ashford.
Live Performance: Music and Poetry, 12:00p.m. - 5:00p.m. Free.The Packing House, 156 River Road, Willington. Call in advance to sign up: 518-791-9474 Info: www.thepackinghouse.us
History: Titanic Gala, 2:00p.m. - 4:00p.m. \$10. A special reception to celebrate the opening of the Titanic exhibit. Jillson House Museum, 627 Main Street, Willimantic. windhamhistory.org
Meditation: Willimantic Mindfulness Sangha Meditation, 7:00p.m. - 8:30p.m. Non-sectarian, Buddhist-style sitting and walking meditations, teaching and sharing. Info: 860-450-1464 dmangum617@gmail.com

October 2, Tuesday

History: 1917, 5:30 p.m. Bets Pittman will show memorabilia from this time both home and abroad, followed by a pot luck dinner of the Women’s Club of Storrs. Buchanan Center, Mansfield Library, Rt.89, Mansfield Center.

October 4, Wednesday

Skill Share: Knitting Group, 12:00p.m. - 3:00p.m. Fletcher Memorial Library, 257 Main St, Hampton. Info: 860-455-1086 fletchermemoriallibrary.org
Reading: Book Discussion Group: “News of the World, by Pautlette Jiles, 6:30p.m. Fletcher Memorial Library, 257 Main St, Hampton. Info: 860-455-1086 fletchermemoriallibrary.org
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

October 6, Friday

Kids: Story Time, Song & Play, 10:00a.m. - 11:00a.m. Ages 0-5. Fletcher Memorial Library, 257 Main St, Hampton. Info: 860-455-1086 fletchermemoriallibrary.org
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.
Hiking: Harvest Moon Night Hike, 7:30p.m. - 8:30p.m. Bring a headlamp or flashlight. Ptogram followed by a campfire and s’mores. Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Info: 860-455-9534 jasper.sha@ct.gov

October 7, Saturday

Community Food: Willimantic Farmers Market, 8:00a.m. - 12:00p.m. Jillson Square, Willimantic. Info: willimanticfarmersmarket.org
Fair: Autumn Artisans Fair, 9:00a.m. - 3:00p.m. Featured works by local artisans at Mansfield Public Library, 54 Warrenville Rd, Mansfield. Info: 860-423-1728 www.windhamrac.org
Skill Share: Autumn Tree ID for Beginners, 10:00a.m. - 12:00p.m. Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Register: 860-455-9534 jasper.sha@ct.gov
Community Food: Storrs Farmers Market, 3:00p.m. - 6:00p.m. Mansfield Town Hall, 4 S. Eagleville Road, Storrs. Info: storrsfarmersmarket.org
Halloween: Nightmare on Main: Witches in History & Fable, 7:00 – 9:30 p.m. \$10. Haunted house-style tour not recommended for young children. Windham Textile & History Museum, 411 Main Street, Willimantic. Info: 860-456-2178 www.millmuseum.org

October 8, Sunday

Skill Share: Autumn Wild Plant & Fungi Foraging with the 3 Foragers, 10:00a.m. - 11:30a.m. Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Register: 860-455-9534 jasper.sha@ct.gov
Community Food: Ashford Farmers Market, 10:00a.m. - 1:00p.m. (See 10/1)
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
Halloween: Nightmare on Main: Witches in History & Fable, 7:00 – 9:30 p.m. (See 10/7)

October 9, Monday

Kids: Dances with Leaves: An Autumn Adventure for Young Explorers, 10:00a.m. - 11:30a.m. For ages 4-7. Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Register: 860-455-9534 jasper.sha@ct.gov

October 10, Tuesday

Skill Share: Let’s Go Geocaching and Identifying wih iNaturalist!, 10:00a.m. - 4:00p.m. Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Register: 860-455-9534 jasper.sha@ct.gov
Heritage: Bringing Cultures Together, 1:30p.m. - 3:30p.m. Share your favorite parts of your heritage and hear from UCONN students from China and Japan. Mansfield Senior Center, 303 Maple Rd, Mansfield. Info: 860-487-9870 or yaffeekg@mansfieldct.org

Live Music:

Quiet Corner Fiddlers will be playing at The Midway Restaurant, Rt. 44 Ashford from 7pm to 830 pm

October 11, Wednesday

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
Health: Flu Clinic Sponsored by Price Chopper, 9:00p.m. - 12:00p.m. Call 860-487-9870 for an appointment in Mansfield.
Skill Share: Knitting Group, 12:00p.m. - 3:00p.m. (See 10/4)
Singing: Hampton Hoot Sing-Along, 6:30p.m.-7:45p.m. Hampton Library, 257 Main Street, Hampton. RSVP: 203-218-6199 or Jaime@hotmailstringsguitar.com
Skill Share: Djembe Drumming Lessons, 7:00p.m. - 9:00p.m.

October 12, Thursday

Community Food: Mobile Food Share, 11:30a.m. - 12:00p.m. Bring your shopping bags to Mansfield Senior Center, 3030 Mabble Rd, Mansfield. Info: 860-487-9870 or yaffeekg@mansfieldct.org

October 13, Friday

Kids: Story Time, Song & Play, 10:00a.m. - 11:00a.m. (See 10/6)
Rally: We the People Weekly Rally, 5:00p.m. - 6:00p.m. (See 10/6)
Live Music: An Evening with Keyboard Artist Bob Malone (Rock/Blues/Jazz), 7:00p.m. \$25.00. The Packing House, 156 River Road, Willington. Call in advance to sign up: 518-791-9474 Info: www.thepackinghouse.us
Halloween: Nightmare on Main: Witches in History & Fable, 7:00 – 9:30 p.m. (See 10/7)

October 14, Saturday

Community Food: Willimantic Farmers Market, 8:00a.m. - 12:00p.m. (See 10/7)
Lecture: Jimmy Halloran Talks About Heroin Addiction, 11:00a.m. The author draws from his memoir. Fletcher Memorial Library, 257 Main St, Hampton. Info: 860-455-1086 fletchermemoriallibrary.org
Kids: Make a Magic Wand, 2:00p.m. \$5. Includes an activity, craft, story and snack. Windham Textile & History Museum, 411 Main Street, Willimantic. Register: 860-456-2178 www.millmuseum.org
Community Food: Storrs Farmers Market, 3:00p.m. - 6:00p.m. (See 10/7)
Live Music: Greg Abate Quartet (Jazz), 7:00p.m. \$25.00. The Packing House, 156 River Road, Willington. Call in advance to sign up: 518-791-9474 Info: www.thepackinghouse.us
Halloween: Nightmare on Main: Witches in History & Fable, 7:00 – 9:30 p.m. (See 10/7)

October 16, Monday

Live Music: House Concert with Sean Tyrrell of Ireland, 6:30p.m. \$20. 631 Pomfret Rd, Hampton. RSVP: 860-455-0481.

October 18, Wednesday

Hiking: Senior Walk, 12:00p.m. - 2:30p.m. Free. Easy walk not just for seniors. Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Info: 860-455-9534 jasper.sha@ct.gov
Skill Share: Knitting Group, 12:00p.m. - 3:00p.m. (See 10/4)
Reading: Goodwin Book Club, “Mister Owita’s Guide o Gardening”, by Carol Wall, 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: Djembe Drumming Lessons, 7:00p.m. - 9:00p.m.

October 19, Thursday

Hiking: Senior Walk, 12:00p.m. - 2:30p.m. (See 10/18)

October 20, Friday

Kids: Story Time, Song & Play, 10:00a.m. - 11:00a.m. (See 10/6)
Health: Healing Sounds, 11:00a.m. \$5.00 includes lunch. Learn how your favorite music impacts your brain and mood. Mansfield Senior Center, 303 Maple Rd, Mansfield. Sign up by 10/16: 860-487-9870 or yaffeekg@mansfieldct.org
Rally: We the People Weekly Rally, 5:00p.m. - 6:00p.m. (See 10/6)
Film: “A Great Day in Harlem/The Spitball Story”, 7:00p.m. \$5.00. The Packing House, 156 River Road, Willington. Call in advance to sign up: 518-791-9474 Info: www.thepackinghouse.us

October 21, Saturday

Community Food: Willimantic Farmers Market, 8:00a.m. - 12:00p.m. (See 10/7)
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: Fiction Writing Workshop with Felix Giordano, 10:00a.m. - 12:00p.m. \$95.00. The Packing House, 156 River Road, Willington. Call in advance to sign up: 518-791-

9474 Info: www.thepackinghouse.us

Live Music: Strumming Against Hunger, 3:00p.m. - 6:00p.m. Fundraiser for the Community Meal Program featuring Bruce John, Friends of Da Rev, and The Wild Bill Project at the First Baptist Church, 667 Main St, Willimantic.
Community Food: Storrs Farmers Market, 3:00p.m. - 6:00p.m. (See 10/7)
History: New England’s Other Witch Hunt: The Connecticut Trials, 4:00p.m. Presentation by Walter Woodward, PH.D., State Historian. Windham Textile & History Museum, 411 Main Street, Willimantic. Register: 860-456-2178 www.millmuseum.org
Community Food: Hampton Congregational Church Harvest Dinner, 5:00p.m. - 7:00p.m. \$11. Hampton Congregational Church, 263 Main Street, Hampton. Tickets: 860-455-9677 or hcc06247@gmail.com
Live Music: An Evening with Jacqui Naylor and Art Khu (Jazz), 7:00p.m. \$25. The Packing House, 156 River Road, Willington. Call in advance to sign up: 518-791-9474 Info: www.thepackinghouse.us

October 22, Sunday

Lecture: Edwin Way Teale Talk and Tour at the Connecticut Audobon Society at Trail Wood. \$5. Trail Wood, 93 Kenyon Rd, Hampton. Info: 860-455-9534 jasper.sha@ct.gov

October 24, Tuesday

Skill Share: Fire Prevention, 11:00a.m. - 12:00p.m. Presentation on general emergency preparedness and fire safety. Mansfield Senior Center, 303 Maple Rd, Mansfield. Info: 860-487-9870 or yaffeekg@mansfieldct.org

October 25, Wednesday

Skill Share: Knitting Group, 12:00p.m. - 3:00p.m. (See 10/4)
History: Random Recollections, 6:30p.m. - 7:45p.m. Hear local history and share your own life stories with guests Joann & Alan Freeman. All ages welcome. Fletcher Memorial Library, 257 Main St, Hampton. Info: 860-455-1086 fletchermemoriallibrary.org
Skill Share: Djembe Drumming Lessons, 7:00p.m. - 9:00p.m.

October 26, Thursday

Skill Share: The Secret Garden: The Element of Surprise & Refuge in Your Garden, 10:00a.m. - 11:30a.m. Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Info: 860-455-9534 jasper.sha@ct.gov
Skill Share: Fire Prevention, 11:00a.m. - 12:00p.m. Presentation by UCONN students on general emergency preparedness and fire safety. Mansfield Senior Center, 303 Maple Rd, Mansfield. Info: 860-487-9870 or yaffeekg@mansfieldct.org
Community Food: Mobile Food Share, 11:30a.m. - 12:00p.m. (See 10/12)

October 27, Friday

Kids: Story Time, Song & Play, 10:00a.m. - 11:00a.m. (See 10/6)
Nature: Rodents & Small Mammals, 12:00a.m. - 1:30p.m. Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Info: 860-455-9534 jasper.sha@ct.gov
Nature: The Art of the Sit Spot, 3:00p.m. - 4:30p.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
Rally: We the People Weekly Rally, 5:00p.m. - 6:00p.m. (See 10/6)
Live Music: Kris Adams with Tim Ray and Special Guests (Jazz), 7:00p.m. \$20. The Packing House, 156 River Road, Willington. Call in advance to sign up: 518-791-9474 Info: www.thepackinghouse.us

October 28, Saturday

Community Food: Willimantic Farmers Market, 8:00a.m. - 12:00p.m. (See 10/7)
Theatre: Morning Tea with Mr. Darwin: Big Man on Campus, 10:00a.m. Free. Adults and ages 10+. Biology/ Physics Building, Room 130, UCONN, Storrs. Info: 860-486-4460 www.mnh.uconn.edu
History: Mill of the Month goes to the ruins of Gay City State Park, 1:00p.m. Carpool from Windham Textile & History Museum, 411 Main Street, Willimantic. Register: 860-456-2178 www.millmuseum.org
Community Food: Storrs Farmers Market, 3:00p.m. - 6:00p.m. (See 10/7)
History: Witches as Healers!, 4:00p.m. \$5. Herbalist Michelle Maclure discusses medicinal herbs used in healing throughout history. Windham Textile & History Museum, 411 Main Street, Willimantic. Register: 860-456-2178 www.millmuseum.org

October 29, Sunday

Skill Share: Game of Logging Certified Training Program: Chainsaw Training for the Novice and Amateur, 8:00a.m. - 4:30p.m. \$120. Registration and payment must be received by 7/22. Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Register: 860-455-9534 jasper.sha@ct.gov
Hiking: Long Distance Guided Hike, 12:00p.m. - 3:00p.m. (See 10/8)
Literature: Witches in World Folklore & Literature, 4:00p.m. \$10. Carpool from Windham Textile & History Museum, 411 Main Street, Willimantic. Register: 860-456-2178 www.millmuseum.org

Programs are conducted at the
Grassland Bird Conservation Center
218 Day Road, Pomfret Center, CT 06259
(860)928-4948 www.ctaudubon.org/center-at-pomfret

What Does Light Pollution Look Like? –
Photography Exhibit by Virge Lorents
Exhibit & sale thru end of October at the
Center, 218 Day Rd in Pomfret
Our night sky is growing brighter as
residential and commercial development
continues to expand.
View Virge's beautiful images and consider
what can be done to keep our skies dark.
FREE

Toddler Trails and Tales
Tuesdays, October 3 thru 31 (none on Oct
10), 10:30 a.m. – noon

Wednesday Walks
October 4 thru 25, Noon
Join Connecticut Audubon Society volunteers for fresh air, exercise, good company and naturalist lessons along the way. Seniors and parents with babes in backpacks welcome. Meet at the Center, 218 Day Rd in Pomfret.
Free to CAS members; \$3 non-members.

Walking Weekend: Bafflin Bird Walk
Saturday, October 14, 8 a.m.
Come find southbound migrating birds on the Bafflin Sanctuary. Sanctuary Mgr. Andy will point out the various sparrows, hawks, and other songbirds. Meet at the Center, 218 Day Rd in Pomfret. FREE

Saw-whet Owl Banding
Saturdays, October 21 & 28, 8 p.m.
This exciting program should be a memorable experience. Bring your camera. Meet at the Center, 218 Day Rd in Pomfret.
Register early at 860-928-4948. Limited to 20 people. Will reschedule if inclement weather.



Programs at TRAIL WOOD
93 Kenyon Road, Hampton, CT 06247
860-928-4948 www.ctaudubon.org/trail-wood

Second Sunday Walk
Sunday, October 8, 2 p.m.
Stretch your legs and breathe in the fresh air. Trail Wood rarely disappoints. Bring binoculars and camera, if you are so inclined. Meet in the Trail Wood parking lot at 93 Kenyon Road in Hampton. Free to CAS members; \$5 non-members.

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