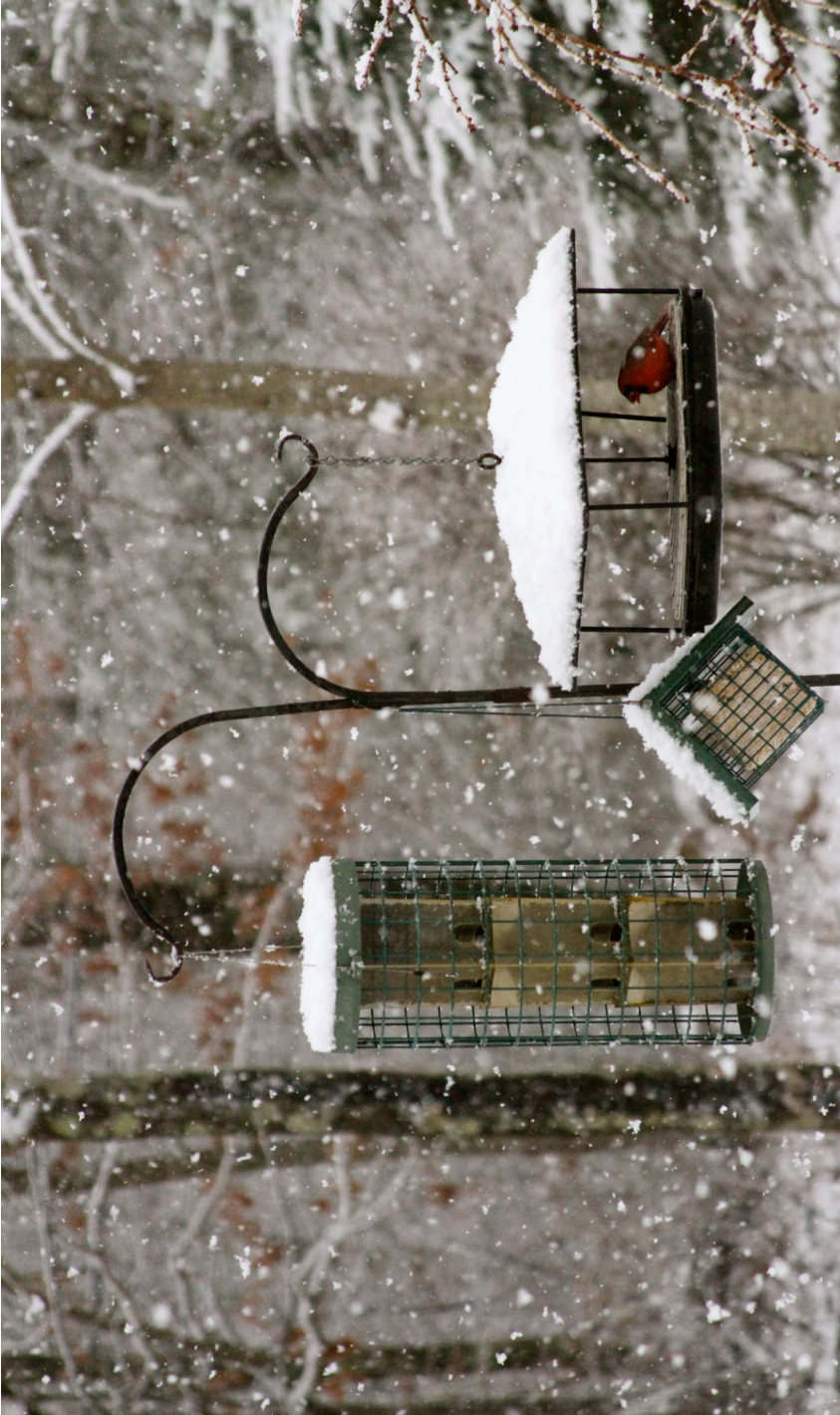


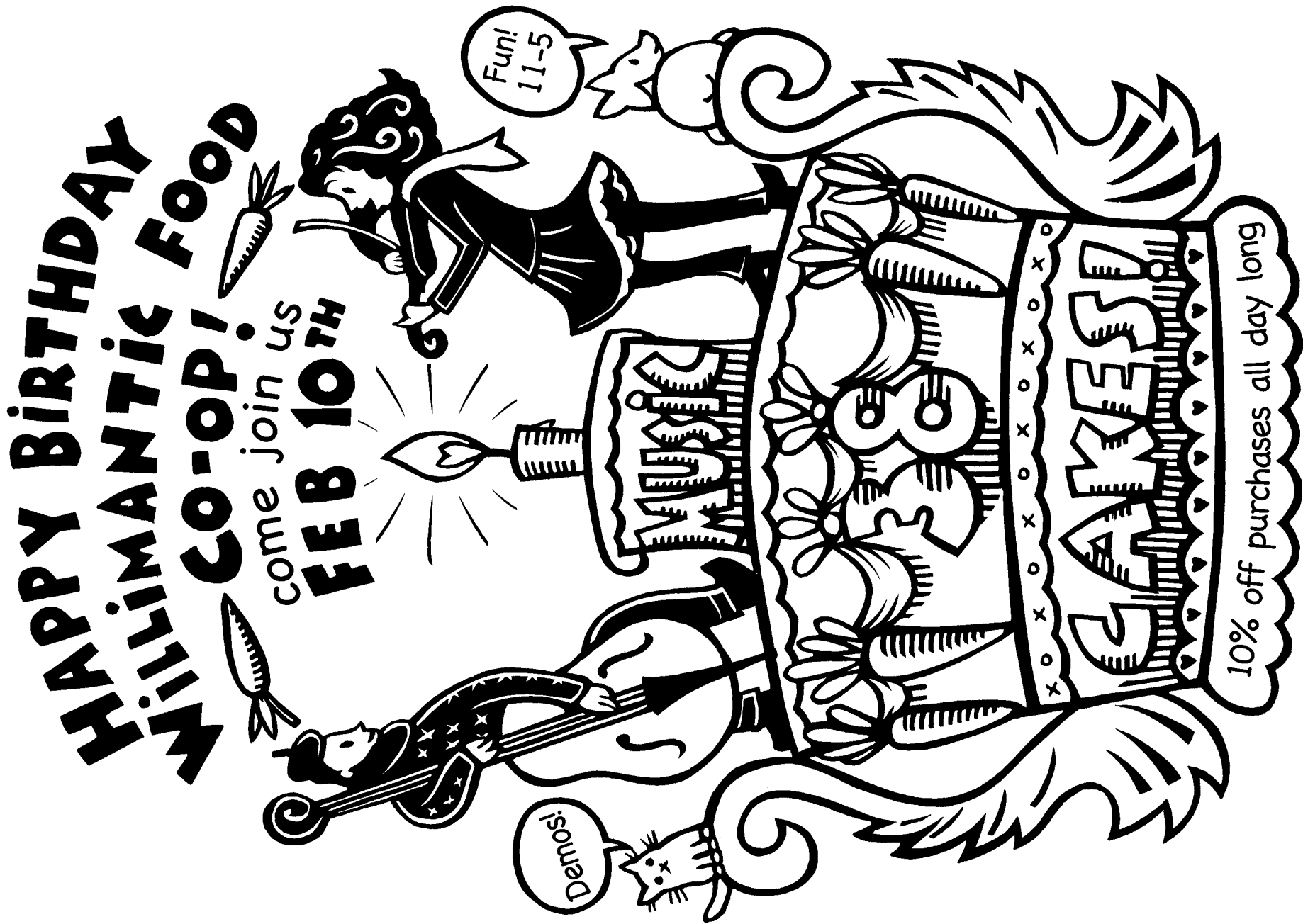
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A Letter to a Special Couple-

To Mom and Dad, Momma and Poppa, Mare and Bubba, Mary and Nelson-

We are here today to celebrate your love for each other as wife and husband for 65 years. If this relationship fell apart decades ago, where would we all be today? Thank God that didn't happen.

You have shown unconditional love for each other and all of us for a very long time. It hasn't always been easy. No one is perfect. We all have our 'quirks'. The love you give to each other and all of us is real and deep. It is felt by all of us.

The way you show your love isn't always pretty, but it's always there. And now in your lives, your love is displayed as a laugh over something silly, a smile instead of a complaint or an unrequested act that brings comfort. Watching grandchildren chasing great-grandchildren. Holding infants only days old.

You have shown us, and we have felt, for decades, the love that makes us human. And now, in these times, we need this more than ever.

I can't speak for David or Diane, but I lucked out when I married into this family. Your love and togetherness has shown us how a loving, caring family can and should function. Thank you Mom and Dad. We love you so much. Happy Anniversary.

Love, Tom




1.21.18 Nelson Flanigan moves in for a kiss with the love of his life, Mary Carbone Flanigan. The Lebanon couple was celebrating their 65th wedding anniversary and Mary's 85th birthday with their loving extended family. Tom King photo.

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Sunday Afternoon, Feb 4th | 3:00pm



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INDIE

GRACIE DAY
Saturday, Feb 10th | 7:30pm



ACOUSTIC ARTIST SERIES
FOLK / INDIE

LISA MARTIN
Saturday, Feb 17th | 7:30pm



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AMERICANA

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Friday, Feb 23rd | 7:30pm



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BLUES

RAMBLIN' DAN STEVENS
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3/16: ERIC LEE (FOLK / BLUEGRASS)
3/23: AN EVENING WITH BOB MALONE (SINGER SONGWRITER & KEYBOARDIST FOR JOHN FOGARTY)
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Feb 9th | 7:30pm

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“Eastern Connecticut Center for
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What are we doing with it?

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To see more of her work visit her website:
ddrobneyphotography.com

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Loretta Wrobel

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

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

Neighborspaper LLC is a member of the Ashford
Business Association.

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

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Indecent Imbalance--Then Hope

By Loretta Wrobel

Often, reading the news of the day, I just do a ho-hum, as we have been exposed to so much terrible news within the last year that I have become healthily immune to negativity and outlandish occurrences. However, scanning a recent article by Bernie Sanders left my mouth open wide and my brain sputtering. The six, yes, the single number

six, richest people in our world own more wealth than the bottom half of the world’s population! To clarify, half of the world’s population is 3.7 trillion people.

I find this difficult to swallow, six people compared to 3.7 trillion. What do six people do with all that wealth? How can anyone with any sense feel all right with that level of unequal distribution? I can’t even imagine a trillion people, but 3.7 is colossal. This issue must be addressed before the dark ages descends again having nearly everyone being serfs and the select few wealthy being god-like and totally in control.

To continue on this same vein, the top one percent makes more money than the bottom ninety-nine percent. And we call ourselves civilized. This is so sickening, it is an embarrassment to our human race. How can we be so arrogant, viewing ourselves as the greatest brains on the planet, when we treat each other so inhumanely?

I could continue to spout facts at you and watch as your hair turns on end and your stomach reels with disgust, but my intention is to start you thinking rather than turn you off entirely. Of course, none of us are to blame. We don’t make all that much money, and if we did, we would distribute it fairly.

We all need to explore how we either add to this disparity or help change it. We start by becoming aware. Examine how you view others who are not in a privileged position. We in America are in a privileged position in that most of us have a home and some funds to live on. How do we judge others who are not as fortunate? Do we see them as less than us? Some people have said to me, “Yes people make a lot of money because they are worth it!”

Now I ask you, is one individual worth so much more, like billions, no trillions of dollars more? The whole idea is preposterous. Yet many believe it. The same folks who tell me that even though Trump says hurtful things, he has made lots of money so he is brilliant and successful. Not sure I would agree that the size of your paycheck reflects your intelligence or your success as a human being.

I know it is essential to our survival as a species that we act as part of the whole and not see ourselves as special and the only species that deserves attention. Not only does each of us matter, but all of the earth’s species matter. We need each other to keep our planet healthy and vibrant.

When we act as if only a few of us are important, we are acting from a distorted perspective. This supports discrimination, injustice, cruelty, racism and sexism. I think we can do better.

We move on to Saturday, January 20th and the Women’s March! A beautiful day in Hartford as the temperature flirted with temps nearly 50 degrees. As I drive towards the Capitol, I am already smiling as I see people of all ages strolling up Capitol Avenue, carrying signs and chatting with friends. As I park my car, I see people spilling out of cars with broad grins and signs that shout out: I Own My Body, Women’s Rights are Human Rights,



Black Lives Matter, Women Power, Resist, Grab ‘em by the Ballots, etc. It feels friendly, upbeat and energizing. People are everywhere, surrounding the Capitol, gathered around the fountain in Bushnell Park, peering at various tables set up around the Capitol, waving all sorts of banners, tons of rainbow flags. All I view are individuals of all ages engaging in speaking out and expressing themselves. Surprisingly, my friend manages to find me, and we wiggle our way down the line to join the packed, slow-moving parade, from the fountain through the arch and up the hill to the Capitol, where the speakers are ready to fire us up. Not sure we need much firing up, as all seem

to be clear that we need to do things differently in our Country.

The power of voting, the need for more women represented in politics, and the imperative of ending racist policies and misogyny are stressed, along with working together (everyone in rather than out) to solve these issues of intolerance, social injustice, inequality and discrimination.

The success of last year’s march, which has continued throughout the year and come back with even more resolve, is compelling and enticing. We may not be 3.7 trillion, but we are way more than six and we are fierce. I allow my mind to expand, understanding that I stand in Hartford, a relatively small city in CT, and that there are marches today in so many cities.

I have a friend in NYC marching with a sign stating Teach Your Boys How to Love Women. I know there continue to be marches all over the Country and the world. The thrust is to get more women involved in the political process and to move towards more

equity in our legislative bodies. I am in awe of the organizers that have kept up with the work all year long to help us reach toward a better world. I am heartened by all the young women standing with their young children saying, “This is what democracy looks like!” I am grateful to the women who said last year, “I marched and then I ran” and now continue to do the backbreaking work to smash racism, misogyny and inequality.

I feel so proud of all the Americans who are saying No More and showing up to work towards a saner and kinder world. Not the world where the extremely wealthy pretend that they deserve to continue to abuse others so they can gather up their trillions and collect rent from all of us.

Baked potato buffet in Putnam

Submitted by John Ryan

PUTNAM, CONN. – There will be a baked potato buffet in the downstairs hall of St. Mary’s Church, 218 Providence Street, Putnam, on Saturday, February 10, from 5:00 to 7:00 p. m. Five dollars per person buys a whole baked potato, with seven toppings to choose from, plus dessert and coffee or tea. Eat in or take out. Proceeds benefit Boy Scout Troop 21. For information, call (860) 928-7241.





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Willimantic, Now and Then:

Pride & Prejudice: Vanity Makes Mobility Issues Hard to Face

By Mark Svetz

I wouldn’t have called it vanity until now, but for most of my life I was confident – you might even say cocky – about my strength, stamina and agility. Now, Sarah tells me my “mobility issues” are a direct result of that cockiness and its attendant carelessness or, I might even add, foolishness. That’s not what I really want to talk about, though. What I want to talk about right now is the four-wheeled walker my friend Carol lent me recently, and how, if I can get over my vanity, it might let me walk around Willimantic again as I have done for most of the past 50 years.

First of all, these “mobility issues” revolve around bulging discs in my lower back that are causing me a lot of pain, especially when I am standing or walking. This is a long-standing problem. My first episode was in the late 80s, when I was carrying an oak table down a twisted, narrow staircase and lost my footing. Now, this is where the foolishness comes in: I continued to move furniture and do pretty much everything else that was normal for me despite the pain.

Now, 30 years later, I can no longer ignore the pain, and find myself stuck at home most of the time. Although I work right here in Willimantic, I drive to get there. I drive to the Willimantic Food Co-op to shop and socialize. Driving around town is something I have never done very much. I have always walked to work, shop, visit and most everything else during the time I have lived in Willimantic. Driving to the Co-op makes me feel like a failure!

Now, thanks in part to a gift of membership to the Mansfield Community Center and the wonderful warm Therapy Pool there, and Carol Silva’s concern and generosity, my back has improved a little. I find I can sometimes walk with relative ease. When the weather was cold and snowy, I was happy to use the walker around the house, when we were alone. It made walking easier than it had been using a cane.

I thought about going outside, walking around the neighborhood with the walker when the weather broke,



but the image of myself using a walker was disturbing to conjure. I was in conflict, and this conflict occupied my mind and spirit for some time. It’s easy to understand how a walker represents physical decline, from age, sickness or injury. I find these images of myself disturbing, despite my present circumstances. It was confusing and troubling to hold these conflicting thoughts: my love of walking and this perceived blow to my pride.



Mark Svetz strolling in Willimantic. Sarah Winter photo.

I can’t help but wonder if that kind of pride is the source of the prejudice about aging and infirmity I see all around me. There, but for fortune, go all of us, after all. I know that I want no part of that prejudice, and I am anxious to keep it from informing my own view of the world and especially the choices I make.

Something happened on a recent weekend that clarified things a little for me. Our granddaughter, Miriam,

came for a sleep-over and I decided to walk to the Co-op with her and Sarah. Walking over the footbridge had been a favorite past time for the three of us since Miri was born. Lately, however, we’ve been driving together, or even worse, I’ve driven while Sarah walked with Miriam in the stroller. On this Saturday, it was clear and dry, and fairly warm, and the prospect of walking downtown with Sarah and Miriam was more powerful than my pride. So, off we went.

As I was walking down Bridge Street toward Main, I felt the familiar joy of being out in my community, watching the passing traffic, waving at the occasional acquaintance, noticing the changes at houses along the way. I realized the resistance I had felt to using a walker in public involved being self-conscious and embarrassed about what others might think. As I walked, I asked myself “What might they think? That I’m getting old? That I must have hurt myself somehow?”

Well, my next thought was that both things are true, and so what? There is no shame in growing old. When I think of some of the things that have happened to me over the years, getting old is a great victory. Injuries happen to the best of us. Why should I be immune? I’d like to think I’m indestructible, and I once entertained that delusion, but I have come to realize just how foolish it was.

That’s not even the important ‘lesson’ I was learning. You see I can still hear my mother saying “What do I care what Bobby thinks? He’s not going to buy you a new jacket.” And that is really the point: Pride, for me, is really an excessive concern about what others might be thinking. I knew, walking down Bridge Street that Saturday morning, the only two people in the world whose opinion mattered to me were walking in front of me: Miriam and Sarah. And I was pretty sure they were glad I was with them. I know I was glad to be there.

And we did have fun. Miri and Sarah ran around the new Whitewater park, making footprints in the snow. They even built a snowman! And I was able to watch and enjoy their fun, rather than simply hear about it when they got home. I was not able to make it all the way to the Co-op, but I had a nice walk. I decided to call it “walk and roll,” just to make it feel more like the old days!

Health and weather permitting, I intend to resume my daily walks to the CO-OP for coffee and companionship. Now that is something that will make me proud!

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

Let’s Pretend for a Moment

By Roger Burten

Let’s pretend you are back in high school. Let’s pretend you are a freshman girl, who becomes a member of the basketball team. You sort of know how to dribble a basketball with some success, though when a more experienced player guards you, you often lose the ball. When you shoot, usually the ball doesn’t get as high as the rim. To make things even more difficult, your passes are regularly stolen by the other team. Hey, you’re a freshman. You’re making mistakes and learning. To your credit, you never miss a practice or game, you listen to and follow the coaches’ instructions, you do all the conditioning drills and even do push-ups and sit-ups at home. During practice and games you carefully watch better players, both on your team and on the opponent’s, and you watch lots of basketball on TV. You spend hours and hours imitating players’ moves as best you can, pretending that you are a “star”. You like basketball and think you can be a good player, realizing that time, effort and practice will be required. With the encouragement of friends and family, and positive comments from the coaches, you become proficient in the sport.

After a freshman year of aching muscles and sweaty practices, you become a pretty good player. By the next year, you’ve grown taller, added some muscle, and become much more coordinated. Deservingly, you become the best player on your team and one of the best in the league. The kids talk about how good you are and loudly cheer your name at the games. You become the driving force on your team.... the Go To Player. Your team wins the

league championship. Every week, after you’ve shot the lights out of the gym and, maybe, scored the game-winning basket, you are written about and your picture is featured in the local sports news. You are the scoring leader, breaking the school and league records for average number of points scored per game, total points, rebounds, and assists. You’re selected for the all-league and the All-State First Team as just a junior.

During your senior year, you are ALL-EVERYTHING, winning the state championship, selected the Most Valuable Player, you hold many state records and are one of the top players on all the national lists of top players. Scouts and coaches from colleges and universities from all over the country come to see you play, watch your game videos and ask for interviews with you, your coaches and family. Your life becomes one of fame, attention, popularity and big decisions. You choose the University of Connecticut, with its long history of national championships, Hall of Fame players, legendary coaches, head coach Geno Auriemma and assistant coach Chris Dailey.

Most of the above pretty accurately describes the lives and experiences of UCONN freshmen Alexis Gordon and Megan Walker, both from Texas and Mikayla Coombs from Georgia, all of whom were highly recruited “stars” at their respective high schools. Now begins a shocking, sobering and humbling time for these young women, as they warm the far end of the team bench. From playing every minute of every game last year as high school seniors with their names in headlines and heads maybe in the



UConn freshman Megan Walker. Contributed photo.

clouds, as freshmen at a school that has a team full of experienced “stars”, this trio might only get a few minutes of playing time at the end of a game, if the game isn’t too close. Generally, these eager athletes rush into a game situation where the opponents are frantic to score more points, even when they are behind by 50. To add to the mix, the opponent probably has most of their experienced players still in the game. Amid the hustle bustle of rebounding, passing, dribbling, shooting and running, these reserve women hesitate, lose balls, make errant passes, shoot wildly, and only occasionally look “star-like”, as they did not too long ago.

Coach Auriemma, in a recent interview, was asked why these past “stars” have so much trouble. He answered with one word, “Fear”. Asked if this problem is discussed much, he emphatically said, “At every practice.” He considers this one

of the main obstacles for inexperienced players at the college level: He knows from their high school stats that the women can shoot, move and score with the best players. Because all of the teams have best players, players must take chances to be better than their opponent. It’s a fear of taking risks that stops a young player. Coach Auriemma made it clear that it’s totally OK for a player to take risks in practice or in a game and fail, because the only way to improve is too keep on doing something you know is correct at the time and, with practice, accomplish it. He mentioned sophomore Crystal Dangerfield as a perfect example of a player “who knows no fear”.

Several young UCONN players were asked what their thoughts were about the situation reversal from their high school days. They agreed that it’s a scary and nerve-racking time being surrounded by many thousands of fans, who, especially at an opponent’s court, are screaming against you, a player on the number one team in the country. They said that when they get into a game, they want to do everything perfectly and “show their basketball stuff” to the fans, the team and the coaches. The players understood that they are the inexperienced at the college level, and, like four years previously, will need to work harder than ever before.

To sum up her UCONN basketball life, sophomore Molly Bent said that she comes into the gym at every practice and looks up at the national championship banners and knows she in the right place to work her heart out for the team. To further emphasize the commitment of all the players, as she headed for the locker room, Mikayla Coombs shouted back with a smile, “No fear!”



“Duck Day” February 2, 2017 in Eastford with Benjamin (left) Micah (center), Isaac and parents Paul and Julia Torcellini. Photo by Carol Davidge.

Duck Day in Eastford

Submitted by Carol Davidge

Eastford, CT - On Friday, February 2, 2018 at 7:30 am, the “Duck Day ALTERNATIVE to Groundhog Day” will take place at the Ivy Glenn Memorial in the center of Eastford, CT, at 179 Eastford Road, 06242. All are welcome. At 7:30 am, Scramble the Duck will predict the next six weeks of weather. Scramble also predicts sports outcomes, including that the New England Patriots would win the Super Bowl in 2015. Assisting Scramble will be three Torcellini brothers: Micah (age 14 - 10th grade), Isaac (age 12 - 7th grade), and Benjamin (age 8 - 3rd grade). To predict the weather, Scramble emerges from a model of the Ivy Glenn building and proceeds down a red carpet where he will tell us whether the next six weeks will bring more cold or more warmth. (Isaac constructed the model for this purpose and it won first prize at the Woodstock Fair).

The boys wear top hats and formal dress in honor of the occasion. Scramble correctly predicted the weather on Groundhog Day in 2015, 2016 and 2017. The event is free of charge. You can watch an interview with the youngsters on WFSB TV3 at 3pm on Thursday, February 1. New this year, including statistics comparing Scramble’s predictions to others around the U.S.: Scramble the Duck’s website: <https://scrambleduck.wordpress.com/> Watch last year’s Duck Day on YouTube: Duck Day 2017: <https://www.youtube.com/watch?v=UTRVFE1meZw>

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From the Ground Up - Buying Local in Connecticut

Local Produce and Products Under One Coventry Roof

By C. Dennis Pierce

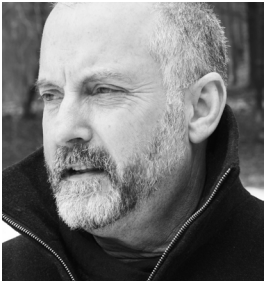
It’s flu season. I know that this column is about locally grown in Connecticut but I think this a great opportunity to pass on some advice. As I write this I have been entertaining a significant bout of the flu since last Tuesday. It came on slowly. Others at work had already had it but I never thought twice about it. On Monday I started feeling the symptoms, coughing, runny nose etc. but I plugged along went to work and tried to plow through. Bad mistake for two reasons. One, if you catch it early enough there is a prescription that you can take care for your symptoms and shorten the duration. The second is, as you are at work feeling terrible, you are a walking germ passing on your illness to others. I went to the walk-in clinic on Friday and they have now have a great test where they swab your nostrils and can tell you your diagnosis within ten minutes. For me it was too late. I believe the Dr. said you had be within 24 hours of when it started for the new flu prescription to work. So, my advice, feeling fluish? Get yourself to a walk-in clinic as soon as possible and stay away from work and as best as you can be conscious of your contact with your friends and family. Get lots of sleep, drink plenty of liquids and keep eating. Lastly, when you go to the clinic, bring a book. The typical wait to be seen is one hour. According to the New York Times this is the worse flu season since 2009.

Last column I mentioned the Coventry Winter Farmer’s market. So, taking my own advice, I broke from my traditional Sunday routine and stopped by the market to do some shopping. I was impressed with the variety and selection that the market offers. If you go to their web site, <http://www.coventrywinterfarmersmarket.com> , not only do they have a wide array of vendors, but each Sunday they also have a new theme or guest vendors at each market. Here is a list of the regular vendors: **18th Century Purity Farms** - offers beets, carrots, brussels sprouts, Swedish turnips, white turnips, garlic, onions, fingerling and all blue potatoes, and 19 varieties of apples. The apple varieties include Mac. Cortland, Macoun, Fuji, Empire, and 11 types of heirlooms. **A Cupcake For Later** homemade hot chocolate, hot apple cider and lots of your favorite Fresh N Fluffy Cupcake flavors. **Beltane Farm**, Lebanon, CT: Artisanal, farmstead goat cheeses. **BPawed Pals, LLC** - Valentine’s Day isn’t only for human relationships. The love you share with your cats and dogs is special too. **Carrot Top Kitchens...** (on vacation 1/28, 2/4).

Cloverleigh Farm - January continues with plenty of carrots, beets, cabbage, onions, and garlic along with our excellent tomato sauce. **Cato Corner Farm** Colchester, CT: It’s peak season for washed rinds and our Hooligans are their best of the season! If you like soft and ripe and stinky this cheese is for you! **Dragon’s Blood Elixir** Valentine’s Day Box O’ Hot Sauce w/ Vampires Valentine hot enough to be called the Pink Label Chocolate Satay. **Dugg Hill Farm** - Roasted garlic bread with fresh organic garlic. They will be taking special orders for Super bowl Sunday. Stuffed bread, bundt cake or strudel. **Ekonk Hill Turkey Farm**, Moosup, CT: pasture raised turkey, lamb, & chicken.

Everyday Harvest offer cardamom orange date bites, shiitake sunflower seeds, mini chocolates, essential oil spritzers, bath salts and dried local reishi mushrooms. **Guoz garden** - offers organic microgreens: Sunflower Greens, Pea Shoots (speckled), Amaranth, Arugula, Red Russian Kale, Radish, and Broccoli. **Hartford Courant** - Hartford, CT; Home delivery subscriptions. Come get a free copy of their “Flavors” insert! **Meadow Point Studios** - offers decorative nature themed tiles, teapots, mugs, grater plates, soap dispensers, yarn bowls and charms. **Meadow Stone Farms** - artisanal goat and cow cheeses. **Stonewall Apiary** - offers wildflower honey. They also have creamed honey and honey butter.

New Boston Beef - New Boston Beef offers stew meat, ground beef, chuck roasts along with top and eye of round roasts. Many different cuts of steak as well. Buy 3lbs of ground beef and get the 4th free. **Never a Dull Moment** Coventry, CT; Bring them your gardening tools for sharpening, repair and general cleanup. Save some money, repair and sharpen. **Ridge Runner Soaps** - offer 17 different lip balms to choose from both beeswax and vegan types are available. Beeswax varieties are; lavender vanilla, cherry vanilla, Peppermint, Apricot, Frosted Lemon Cake, Spearmint, Pina Colada, Natural, Pickin’ Pumpkin, apple cinnamon, sweet tart, bubblegum, snow covered pines, maple syrup, and frosted winter berry. Our vegan varieties are lavender and cherry vanilla. **Savor** - are getting ready for Valentine’s Day: Champagne and Krakatoa. **VanDana**



Farm- delicious pure maple syrup produced in Tolland. **Woodstock Hill Preserves** - Woodstock Hill preserves, a distinctive assortment of award-winning artisan hand-smoked fruit preserves. Woodstock Hill is the oldest preserves company in CT, but remains among the most innovative. They hand-smoke fruit over aromatic wood to give these preserves a uniquely different flavor: smoked peach bourbon chipotle, smoked mango pineapple, smoked cherry bomb, smoked strawberry with aged balsamic vinegar, and smoked pear preserve. Smoked fruit preserves are ideal for slathering on ribs, chicken, seafood, and all other things grilled. **Woodstock Sustainable Farms** offer pork ribs and pork roasts. They also have a selection of chicken, lamb, pork, prepared foods, pet jerky treats.

As I was talking the market’s organizers I found that the winter market is a separate entity from the summer market that is held at the Nathan Hale estate. The summer market is managed by the Town of Coventry while the winter market is run by a board that oversees the market. Not that it makes a difference since both markets provide an excellent service by bringing local offerings to the community.

Tomato soup is an American classic. One would not think of serving a grilled cheese sandwich without it’s supporting character, tomato soup. But when was the last time that you made tomato soup from scratch? The difference is significant and worth the effort.

Homemade Cream of Tomato Soup
Makes 4 portions

Ingredients:
2 ½ tablespoons of butter
1, small onion, chopped
1 celery stalk, chopped
1 ½ teaspoons of dried basil
Pinch of ground cloves
2 tablespoons of flour
2, 15-ounce cans of diced tomatoes in puree.
Pinch of baking soda
2 1/2 cups, vegetable stock
1 ½ cups of milk
Salt and freshly ground pepper
Tomato paste if needed

Directions:
Gently melt butter in a mid-sized pan.
Add onion, celery, basil and cloves, stirring occasionally, until the onion is translucent, about 5 minutes.
Stir in flour
Add tomatoes, baking soda and stock. Bring to a slow boil.
Lower heat and simmer, partially covered with a lid for 20 minutes.
Let cool briefly and then puree in a blender or with a hand mixer until smooth.
Return soup to pot and add milk and season with salt... taste.
If soup is too thick add additional milk or stock.
If the tomato flavor is not as deep as you like stir in a little tomato paste.
Reheat and serve hot with pepper ground into each bowl.

Eight weeks to spring. But will March be in like a lamb or a lion? Only time can tell. Several years ago, I found the need to continue my passion for supporting Connecticut Grown. I had spent nine years as on of the Market Masters for the Storrs Market and other commitments made me give up my role. I reached out to our Editor, Tom King and asked him if he was interested in a column supporting Connecticut Grown and an added recipe and he was quick to accept. I do not ever think I have thanked him for this opportunity. He has done a wonderful service in bringing, Neighbors, to the community and his ongoing efforts do not get the recognition he deserves. Thanks Tom. 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.

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A Killing Frost

By Angela Hawkins Fichter

It takes a while to get to know members of a church, particularly if you are new in town. So it was for us after my husband became minister in Burlington, CT. As we learned names of people we slowly became familiar with them. The oldest members of church, who had been attending this church since childhood, had some of the most interesting stories to tell, and because these members were so old, the stories were really part of local history.

Burlington was a very rural town until a time in the 1960’s when if a farmer sold his farm, it became a subdivision. What had been a farm was now a large number of homes that were frequently inhabited by people who took Route 4 through Farmington onto Route 84 and then into Hartford, where these people worked for insurance companies, the state of CT or other Hartford jobs. Burlington also has a two lane state road that goes from the center of town into Bristol. The northern part of Bristol was country in the early part of the twentieth century. Now it’s mostly subdivisions until you get to the real city part of Bristol.

We told one elderly church member about the frost on the vegetable garden that we had recently planted. The vegetables had sprouted but were killed by the frost. His reaction was “that’s nothing.” Then he told us about his neighbor in that northerly part of Bristol that abuts Burlington, where he lived as a child. It was all farms back then in what was a rural part of Bristol. His neighbor was a dairy farmer, and he raised his own hay and his own field corn for his cows.

One of the things I noticed, when I practiced law and did title searches for people buying property in the country, was that many years ago farmers got mortgage loans on the farm in the spring in order to buy seed for the farm. The loans were paid off after harvest time. The neighbor of our church member, around 1914, took out a seed loan early in the spring, then planted his seed to raise the corn he needed to feed the cows. The corn germinated and was coming up nicely. It was about six inches high on June 15 when that area of the state received a hard frost. All the corn seedlings died. This meant the farmer might not be able to get more corn seed planted in time to raise a crop before the fall, and he would have to take a second mortgage loan on his farm to get the money to buy more seed. He wasn’t sure he could get a second loan. This so upset the farmer that he had a fatal heart attack. The church member then said to us, “Now that was a killing frost.” All of which goes to show you that when you think you know what a common expression like a killing frost means, you really don’t know the whole story.

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Post-Partum Struggles; a Naturopathic Perspective

By Dr. Tonya Pasternak, ND

Common postpartum concerns:

The postpartum period brings many ups and downs while women navigate the many changes that come with motherhood. Obstacles that can arise include depression, fatigue, challenges with nursing and adjusting to changes in ones body. While all of these concerns are possibilities, we strive to help new mothers find a healthy balance and go through this transition smoothly and happily.



The baby blues:

Mood swings during the postpartum period are common and are partially attributed to the drastic shift in hormones. Lack of sleep, feeling unsupported, or having a traumatic birthing experience can cause the mood swings to be more severe.

The baby blues occur in as many as 70% of women after having a child. This usually happens within the first few days, but typically subsides in less than 2 weeks. During the baby blues a woman can experience weepiness, agitation, mood swings or negative reactions towards her baby and family.

Luckily the baby blues are short lived because it can be unpleasant to experience. If you are going through this it is important to acknowledge and honor your feelings. This is a time of drastic changes and your body has done an incredible thing. Taking breathers when time allows, reaching out to loved ones, asking for help, and appreciating all you have gone through can help bring comfort to this demanding time.

Postpartum depression:

Postpartum depression is more severe and longer lasting than the baby blues. It starts within a few months following delivery and can last up to a year. Common symptoms include depression, frequent crying, negative feelings towards the baby, low appetite, feeling isolated, irritability, and even thoughts of suicide.

It isn't uncommon for women to not recognize these symptoms within themselves, making it important for loved ones to be aware of these symptoms. Some women also feel shameful about these emotions causing them to hesitate reaching out for support when it is needed. Both of these things make postpartum depression an under diagnosed condition, however it is still known to affect 1 in every 5 new mothers.

There is strong evidence linking nutritional deficiencies to increased severity of depressive symptoms during the postpartum period. Seeing how a large amount of the mother's nutrients go to the developing baby during pregnancy and while breastfeeding, it isn't uncommon for these deficiencies to develop. This is even the case despite healthy eating and prenatal supplementation, and is even more likely if the mother has had previous pregnancies. For example, maternal stores of DHA, a fat that helps prevent depression, has been shown to decrease as much as 50% during pregnancy and not return to normal levels until 6 months postpartum. Other nutrients researched include calcium, selenium, zinc, and B vitamins. These nutrients can be increased with specific dietary adjustments which can help preventatively and treat active depressive symptoms. The nutrients are also safe to take as supplements, allowing the body to correct deficiencies even quicker. It is recommended to speak with a physician before taking any supplements in order to make sure you are doing so safely.

To all our contributors-
Thank You!

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

T. King, Publisher

At our office we always incorporate dietary assessments to ensure people are getting the most out of the food they eat. Blood tests can be done to show exactly where ones levels are allowing us to determine the most appropriate dose when supplementation is needed. These changes can have profound effects not only on postpartum depression, but also on a women's energy levels, healthy milk supply and overall wellbeing.

Nursing and its challenges:

There are many benefits to breastfeeding both for the mother and the baby. It increases the production of oxytocin, the hormone associated with feeling loved. This is a powerful way to help reduce the chances of the baby blues or postpartum depression. It is also largely responsible for forming the loving connection between a mother and her child.

As a woman nurses oxytocin is released to allow for the flow of milk. The body is stimulated to release it when there are positive associations with the baby such as seeing or hearing the baby. Under some circumstances such as when a woman has to return to work, pumping can yield less milk than if the mother and baby were together. One way to help with this is to make sure you are in a comfortable environment where you are able to relax while pumping. It can also be helpful to look at pictures or watch videos of your baby to stimulate the body's natural production of oxytocin.

Another benefit to breastfeeding is that it burns extra calories that can help with weight loss post pregnancy. With that said, it is important to maintain a healthy diet to ensure your milk is as nutritious as possible for your growing baby. While weight loss is sometimes a priority for women postpartum, restricting calories can reduce milk production and make milk less nutritious. It is recommended to continue taking a prenatal vitamin while nursing for the benefit of both the mother and child.

In addition to focusing on nutrition for milk supply, herbs classified as galactagogues can be helpful for women who only produce small amounts of milk. Examples of these herbs include fenugreek, milk thistle, and goats rue. These are often found in recipes for lactation cookies and can be very helpful. At our clinic we make customized herbal formulas that support milk production as well as help with energy, mood and hormone balancing.

Creating balance:

Although having a baby is often thought to be a joyful time, it can bring about many obstacles. Its important to know this is all a normal process of the many changes that new parents are faced with. Many steps can be taken during pregnancy to help optimize wellbeing in the postpartum period. These steps are important for everybody, but even more so for those with a history of depression. Acknowledging your feelings, honoring your body for the hard work it has done, and reaching out to those who can be of support are all crucial steps towards creating wellness and balance. We hope that you're finding joy during this sacred time with your new little one! Please reach out to a physician for support if you feel like you are struggling with any aspect of motherhood, regardless of how big or small the concern may be.

Dr. Pasternak, ND, is a licensed naturopathic doctor practicing at Collaborative Natural Health Partners, LLC in Manchester, CT. She is an in-network provider with most major health insurance companies and is accepting new patients. Please call 860-533-0179 for information or to schedule an appointment.

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Gandhi and King – Two Campaigns

By P.K. Willey, Ph.D.

Last month was Dr. Martin Luther King, Jr.’s birthday. King’s name is now almost synonymous with Gandhi. It is well-known that King loved and deeply respected Gandhi’s philosophy of Ahimsa, for societal transformation through Satyagraha – holding on to Truth Force.

King called Ahimsa – Agape – and the meaning of both words is the same: a universal, selfless, unconditional, charitable, compassionate, love that IS, regardless of acknowledgement. Gandhi was to see the two terms, Truth and Love as two sides of the same coin: inseparable from one another.

There were two points in their respective Truth Force campaigns that turned the tide for Gandhi and King. The following brief descriptions of those efforts should awaken us all to the seriousness and power of Truth Force, and the prayerful wisdom that guided their use of it effectively.

By 1930, the princely states of India (like the numerous countries of Europe) had mostly conceded their powers for political unification towards nationhood. With this awareness in the national mind, Gandhi began the Salt March, traversing a long swath of Gujarat state, starting in Ahmedabad, from the Sabarmati Ashram, down to the beach at Dandi, protesting the Salt tax. In tow, a morally responsible international press generated global awareness of his effort. Gandhi demonstrated that British governance was no longer valid, that Indians would be independent of their rules.

Initially, Gandhi’s planned protest against the Salt tax was met with ridicule by power and even compatriots. Yet, his co-worker, Rajogopalachari understood its significance:

“Suppose, a people rise in revolt. They cannot attack the abstract constitution or lead an army against proclamations and statutes...Civil disobedience has to be directed against the salt tax or the land tax or some other particular point — not that that is our final end, but for the time being it is our aim, and we must shoot straight.”



April 5, 1930. Gandhi picks up salt at Dandi beach. Contributed photo.

After Gandhi’s pinch of salt from the seashore, Indians began making their own salt, depriving the Government of it’s Salt Tax (8.2% of taxable commodities). Gandhi informed authorities that Satyagrahis (those who are using Satyagraha) planned to raid the Dharasana Salt Factory. Having communicated these intentions, Gandhi and all perceived male Satyagraha leaders were promptly imprisoned. Unexpectedly, the campaign went forth led by Bengali Poetess/freedom-fighter – Sarojini Naidu. She warned the Satyagrahis not to respond with violence despite any provocation. Wikipedia gives this account of what happened:

“American journalist Webb Miller was an eye-witness to the beating of Satyagrahis with steel tipped lathis [stout batons]. His report attracted international attention:

Not one of the marchers even raised an arm to fend off the blows. They went down like ten-pins. From where I stood I heard the sickening whacks of the clubs on unprotected skulls. The waiting crowd of watchers groaned and sucked in their breaths in sympathetic pain at every blow.

Those struck down fell sprawling, unconscious or writhing in pain with fractured skulls or broken shoulders. In two or three minutes the ground was quilted with bodies. Great patches of blood widened on their white clothes. The survivors without breaking ranks silently and doggedly marched on until struck down. When every one of the first column was knocked down stretcher bearers rushed up unmolested by the police and carried off the injured to a thatched hut which had been arranged as a temporary hospital.

There were not enough stretcher-bearers to carry off the wounded; I saw eighteen injured being carried off simultaneously, while forty-two still lay bleeding on the ground awaiting stretcher-bearers. The blankets used as stretchers were sodden with blood.

At times the spectacle of unresisting men being methodically bashed into a bloody pulp sickened me so much I had to turn away...I felt an indefinable sense of helpless rage and loathing, almost as much against the men who were submitting unresistingly to being beaten as against the police wielding the clubs...

Bodies toppled over in threes and fours, bleeding from great gashes on their scalps. Group after group walked forward, sat down, and submitted to being beaten into insensibility without raising an arm to fend off the blows. Finally the police became enraged by the non-resistance...They commenced savagely kicking the seated men in the abdomen and testicles. The injured men writhed and squealed in agony, which seemed to inflame the fury of the police...The police then began dragging the sitting men by the arms or feet, sometimes for a hundred yards, and throwing them into ditches.

Miller’s first attempts at telegraphing the story to his publisher in England were censored by the British telegraph operators in India. Only after threatening to expose British censorship was his story allowed to pass. The story appeared in 1,350 newspapers throughout the world and was read into the official record of the United States Senate by Senator John J. Blaine.”

With this act of brutality upon innocents, the British Raj lost whatever credulity it had.

Like Gandhi, King and other leaders of nonviolent civil resistance to black oppression, supported efforts to register to vote by blacks in Selma, Alabama deliberately obfuscated and stalled. Still, the people kept up non-violent pressure. Archives at Stanford University give this account of the Selma-Montgomery Campaign:

“The 1965 campaign in Selma and nearby Marion, Alabama, progressed with mass arrests but little violence for the first month. That changed in February, however, when police attacks against nonviolent demonstrators increased. On the night of 18 February, Alabama state troopers joined local police breaking up an evening march in Marion. In the ensuing melee, a state trooper shot Jimmie Lee Jackson, a 26-year-old church deacon from Marion, as he attempted to protect his mother from the trooper’s nightstick. Jackson died eight days later in a Selma hospital.

“In response to Jackson’s death, activists in Selma and Marion set out on 7 March, to march from Selma to the state capitol in Montgomery. While King was in Atlanta, his SCLC (Southern Christian Leadership Conference) colleague Hosea Williams, and SNCC (Student Non-violent Coordinating Committee) leader John Lewis led the march. The marchers made their way through Selma across the Edmund Pettus Bridge, where they faced a blockade of state troopers and local lawmen commanded by Clark and Major John Cloud who ordered the marchers to disperse. When they did not, Cloud ordered his men to advance. Cheered on by white onlookers, the troopers attacked the crowd with clubs and tear gas. Mounted police chased retreating marchers and continued to beat them. Television coverage of “Bloody Sunday,” as the event became known, triggered national outrage.

“Lewis, who was severely beaten on the head, said: “I don’t see how President Johnson can send troops to Vietnam—I don’t see how he can send troops



Feb. 1, 1965. Dr. King and followers kneel in prayer during the first arrests for seeking voting rights in Selma, Alabama. Contributed photo.

to the Congo—I don’t see how he can send troops to Africa and can’t send troops to Selma.”

“That evening (7 March) King began a blitz of telegrams and public statements, “calling on religious leaders from all over the nation to join us on Tuesday in our peaceful, nonviolent march for freedom”. While King and Selma activists made plans to retry the march again two days later, Federal District Court Judge Frank M. Johnson, Jr. notified the movement attorney Fred Gray that he intended to issue a restraining order prohibiting the march until at least 11 March, and President Johnson pressured King to call off the march until the federal court order could provide protection to the marchers.

“Forced to consider whether to disobey the pending court order, after consulting late into the night and early morning with other civil rights leaders and John Doar, the deputy chief of the Justice Department’s Civil Rights Division, King proceeded to the Edmund Pettus Bridge on the afternoon of 9 March. He led more than 2,000 marchers, including hundreds of clergy who had answered King’s call on short notice, to the site of Sunday’s attack, then stopped and asked them to kneel and pray.

“After prayers they rose and turned the march back to Selma, avoiding another confrontation with state troopers and skirting the issue of whether to obey Judge Johnson’s court order. Many marchers were critical of King’s unexpected decision not to push on to Montgomery, but the restraint gained support from President Johnson, who issued a public statement: “Americans everywhere join in deploring the brutality with which a number of Negro citizens of Alabama were treated when they sought to dramatize their deep and sincere interest in attaining the precious right to vote” Johnson promised to introduce a voting rights bill to Congress within a few days.”4

Holding on to the power Love and Truth may result in violence and bloodshed, but in the end, there is a transformation of heart that allows a reconciled future for adversary and ally supporting the just cause. This reunification process through Satyagraha is what King called creating Beloved Community.

Authors note: The author finds that there is no attribute that can be called upon to distinguish between people while being politically correct, and therefore begs the reader’s kind understanding for terms used in this article.

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Judy’s Footstools

By Delia Berlin

My mother-in-law, Ruth, was the oldest of three sisters. She died three years ago, just a few weeks short of turning 104. Her middle sister, Muriel, died last month at 104 and ½, surpassing Ruth’s longevity. Amazingly, Mary, their baby sister, is still among us and relatively well at almost 103.



While living to be centenarians may be their claim to fame, the Wyman sisters have been unusual in other ways too. For example, all three of them went to college. Ruth, a Wellesley graduate, was a Latin teacher. Muriel was a social worker, and Mary taught elementary school. Also unusual, at least by today’s standards, is the fact that all three sisters remained their entire lives in the same general area of Massachusetts where they grew up.

All three sisters were intelligent and curious, strong minded and opinionated. While aging presented them with many challenges, including impaired mobility, vision and hearing, their minds remained engaged and active through their entire lives. Their own parents, similarly, lived actively into their nineties.

Few people experience the effects of such advanced longevity in their families. On first impression, it appears to be an unqualified blessing. But one problem of living past the century mark is that the “younger” generation, usually responsible for caregiving, continues to age as well. When elderly children become caregivers, they face unique stresses themselves and, in spite of longevity genes, their good health can’t be guaranteed.

Sadly, just weeks after Muriel’s death, our family lost her daughter Judy to the ravages of progressive primary aphasia, a relatively rare form of dementia. This terrible degenerative neurological disease begins by robbing its victims of language. This was particularly cruel in Judy’s case, since she taught English as a foreign language at a community college and she had earned a Master’s degree in linguistics as an adult student. Generous, thoughtful and highly social, Judy had become a crucial member of our extended family over the years.

As their own generation dispersed geographically, Judy and her husband Dave remained close to the sisters’ hometown. For years, they raised two sons in a beautiful home that gradually became the most frequent place for extended family gatherings. Due to their proximity to the elderly sisters, their relatively central location with respect to the rest of the family, and their hospitality, Judy and Dave hosted Christmas parties and milestone birthdays for many years.

As anyone may expect after a recent loss, lately I’ve found myself thinking much about Judy. She was a kind and unassuming person, focused more on meeting the needs of others than on examining her own. She was proud of her sons and thrilled with their choices of spouses. I don’t think I ever heard her express a negative judgment about anyone.

Judy’s personality and sense of responsibility for her mother and aunts, coupled with her proximity to all of them, resulted in her providing a lot of care and support to the sisters over several decades. When her own illness started limiting her independence, her husband supported her in her caregiving role, eventually assuming most of this responsibility. Dave was always a caring and loyal companion to Judy, and of all the things he did for her, I believe that helping her fulfill her caretaking responsibilities was among his greatest gifts to Judy. She never had to worry that her own limitations may let her mother down and I know that mattered to her a great deal.

Judy’s strong sense of responsibility didn’t necessarily make her a super serious person. She was fun. She was creative, artistic and playful. Her friends came from many backgrounds and she loved to travel and learn new things. She had a wonderful laugh and all of her parties featured silly antics, such as humorous quizzes, team trivia contests, funny hats, or comedy performances. While these antics were initially conceived to entertain the three old sisters, Judy often laughed more than them.

Judy and her mother were close and some of their ritual interactions became iconic in family parties. When Muriel became uncooperative in any way, Judy would admonish her with a characteristic “Mo-ther...!” Usually this was enough to end Muriel’s reluctance, but not before she expressed her annoyance with a complaint: “Oh, for Heaven’s sakes...!” Immediately after these exchanges, both Muriel and Judy would look around, sharing childish giggles with everyone in the room.

Judy rejoiced in the arrival of her grandchildren. Still in good health during their very early years, she had some time to savor her granddaughters and grandson. But her illness didn’t wait very long to interfere. The beginning



was insidious, but within a year or two, the signs were undeniable. But even when words failed her, Judy managed to communicate competently for years. During a family wedding at their Maine camp, she gave me a full tour of the grounds, complete with history. I had to fill in some words here and there, but she was radiant and enthusiastic, always the warmest of hosts.

As Judy’s ability to communicate normally deteriorated, she kept finding other ways to connect with others. One of these ways involved a phase of restoring and reupholstering old footstools. Occasionally, we would find some good candidates at the Mansfield Flea Market and buy them for her. She would fix them, stain them or paint them, and re-cover them matching the fabric perfectly to the style. Almost everyone in the family has one of these heirlooms. They were always specially made for each recipient. In recognition of our avian interests, our footstool has birds.

Judy was able to visit us in our “new” downsized Willimantic home within the last few years, and I think she was still able to enjoy that outing. But understandably, travel became difficult and more anxiety-producing in her final years. My sister-in-law and her husband were still able to travel with Judy and Dave until relatively recently. Those trips were meaningful and important to all four of them. It occurs to me that Judy’s footstools can be seen as a good metaphor for her life’s work. She found them in need of care and answered their calls. She made them stronger, better and more beautiful, and loaded them with thoughtful messages for the occupants of their future homes. She shared them unassumingly, in almost silence. And throughout the vast network of dwellings of her relatives and friends, they still shine – never the most noticed, essential or even important piece of furniture in the room, but always lovely and warm with her memory. Such was her presence: bright and subtle, comforting and not about her, but about those around her.

One may think that any form of advanced dementia would mitigate the grief and awareness of a loss. But that was not the case for Judy when her mom died. In spite of her physical and cognitive challenges, Judy was obviously grief-stricken during Muriel’s intimate family service. We worried about her, but never expected that her own end would come so soon after her mother’s. One wonders to what extent her sense of responsibility for her mother’s well-being played a role in the timing of her own departure.

Barely weeks after Muriel’s death, Judy suffered an adverse event that led to her hospice placement. She was loved and cared for until her final moments and died peacefully. Her family decided on a small service for friends and acquaintances in their hometown, followed by a family event next summer. About 150 people showed up for the small service. I bet many of them own lovely footstools.

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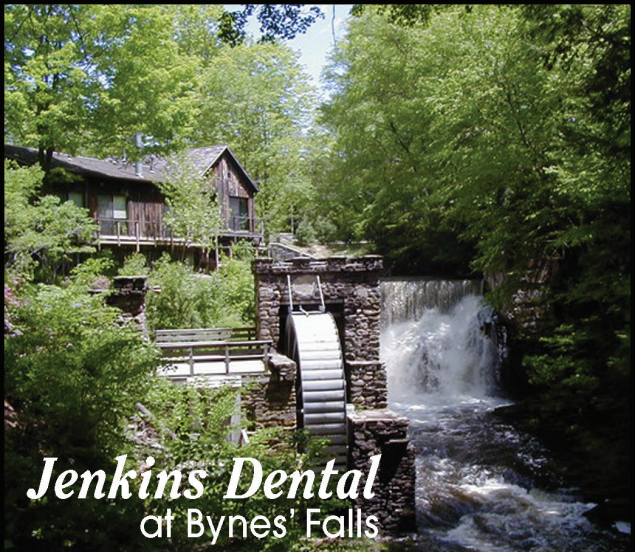


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The Human Experience Spectrum

By Grace Preli

“Whatever you are doing, love yourself for doing it. Whatever you are thinking, love yourself for thinking it. Love is the only dimension that needs to be changed. If you are not sure how it feels to be loving, love yourself for not being sure of how it feels. There is nothing on earth more important than the love which conscious beings feel towards each other, whether or not it is ever expressed.”
-Thaddeus Golas, author of *The Lazy Man’s Guide To Enlightenment*



I begin by asking: Who are you to judge any other person (or yourself) for who they are, what they do, the choices they make and how they live their life? Let me ask again, WHO ARE YOU to judge anybody? Are you more educated, more knowledgeable, more important? What makes you think you know better? What is better anyway? Maybe sit with this for a hot second and reflect on it and remember a time when you judged someone and why. Because, see, a judgement, no matter how brief or how seemingly insignificant is an instant where you think you and your experience is more than, righter than, better than and greater than someone else and their experience.

I have observed many people around me, friends and strangers alike who are actively trying to pursue peace and kindness and tolerance. They ask for tolerance and yet are intolerant of those they assume to be intolerant. They love everybody except THAT person. They extend kindness to THOSE individuals, but not THESE individuals. These people are more important than those people. They over there can say that, but these people here can’t. And I say why? Why? Why do we continue to divide human experiences into good and bad, right and wrong? Instead of perpetuating these illusions of right and wrong, exclusion and inclusion, why don’t we approach the human experience as a level and loving playing field instead of a series of hierarchies...

The breadth of human experience is vast. It is so, so, so wide and EVERY SINGLE PERSON has been and always will be contained within this expanse of experience. Think of the human experience as a spectrum, an infinite line of possibilities and each part of this infinite spectrum has a place for us to sign our name. And like a great skyscraper the names rise up and up as the years of human history pass by. Within each of our individual, human lives, we might check off or sign our name to a few million single experiences that make up this vast spectrum. To pick any one of these possible options and experiences is to be human. As the diversity of human experiences expands so too does the spectrum.

Many of us insist on thinking of ourselves as only good and nice and kind, we try to be pendulums that swing only to one side. There is absolutely nothing wrong with being who you are, what you are, where you are, whichever ‘way’ your pendulum swings. There are an infinite number of experiences and choices available to us. The spectrum is level. All possibilities are equally okay.

If all of our choices, actions and thoughts ever, and forever made, are contained within this encompassing and ever expanding spectrum of human-ness, then maybe, ideally, we could begin to see that all choices are equally right and okay, neither good nor bad. Let’s also say that when a person chooses to have a certain experience this doesn’t then make them good or bad based on our hierarchical judgement of the choice they just made. Instead of judging someone for their choice of how they choose to participate in the human experience, we might begin to acknowledge that it’s their right as a human to be just that, human. Phew baby!

If we continue to consider certain people as undeserving of love and kindness and gentleness than we will continue to perpetuate divisions in the human experience. Why do we assume that it is okay to exclude people from the human experience, from Love, from OUR love? How do I know that my neighbor is not completely experiencing everything they need to experience? How do I know that my neighbors life is not rich in love and in ways completely unfathomable to me? I have no idea what my fellow humans are here to do, which choices of the whole human experience spectrum they are here to sign their name to. It’s far easier to condemn another than to look around and within and say, hey, that’s me! I’m human too! It’s harder to say hey brother, hey sister, I love you for being what you are, all that you are, everything you are, just as I am all that I am.

We cannot honor the whole of the human experience, the whole of who we are as co-creators on this planet if we do not honor each and every single person. It’s easy

to honor someone if they agree with you or seem to be a ‘good’ person, but it is so much harder to honor someone who does not agree with you or seems to be a ‘bad’ person. We cannot honor and support only a select few. Who am I to judge? I am no one to judge. It is not my job to judge. It is not my job to assume and then build falsehoods and un-truths upon these assumptions. It is my journey to innocently perceive, without intellectualization or attachment to my thoughts and the outcomes, what is. It is my journey to be who I am and in honoring who I am and all that I am, I am able to honor others for who they are. As Thaddeus Golas says again, “Love as much as you can, from wherever you are.”

And so I leave you with this: Every single person is deserving of respect, kindness, love, gentleness and compassion. Every single human is deserving of such things regardless of who they are, where they are, their character, their political views, their religions, their opinions, their beliefs and their actions. All people of all places are deserving of peace, safety and security regardless of whether they in turn are facilitators of such peace, love, kindness and respect. There is no hierarchy of love. No one is more or less important than another. No one is more or less deserving than another. It is not for any of us to determine, decide or judge whether any of our fellow brothers and sisters should receive such kindness and compassion.

There are zero exceptions. Zero. None. There is not a single person on this planet who does not deserve love, kindness, safety, peace, joy and compassion regardless of how they choose to participate and move through the world. Regardless of their process. Regardless of whether you think they deserve it or not. Regardless of whether you think they’re bad, evil, mean, hateful etc. etc. These are judgements and we are here to cast off such judgements, such charges and accusations. We are here to see the single golden light that resides within each of us. We are here to see that part within another that reminds us of that part within ourselves. We are here to remind ourselves and others that our base vibration, our base state of being is OF LOVE.

This takes practice, this takes patience, this takes fuck-ups, this takes trial and error, this takes self love and gentleness and kindness, THIS TAKES ALL OF US. We are agents of our own change. We are powerful in our own world to facilitate such change. I change me, I change my world. The more hate I put out, the more hate I will see. The more love I feel and see for myself, the more is reflected in my world.

My world reflects me. I am you and you are me. Thank you to each and every single person for being all that that you are. Everything that you are. Thank you to EVERY SINGLE PERSON for sharing in this with me. Thank you for reminding me of who I am. We are all one love. We are all one.

Ed. note: Congratulations to Grace for being appointed to the Hartford Courant’s ‘New Voices’ board.

Her mini ‘Autobio’: Grace Preli is a creative and spunky 22 year old. She is, among other things, a painter, a writer, a creator and a healer. She is inspired daily by people and their individual and collective journeys. For her, each day is a chance to grow, change, love, respect and create with herself and our world, a beautiful, kind and gentle place.

Musical Instrument ‘Petting Zoo’

Submitted by Ruth O’Neil

Come have a close up look at (and even try out!) all the musical instruments you have always wanted at a Musical Instrument “Petting Zoo” to be held on Saturday, February 10, 2017, from 10pm-3pm at the Song-a-Day Music Center in Coventry. Musical instruments of all types will be available for hands-on inspection. Students and instructors from Song-a-Day Music will be present for demonstrations and to answer questions about playing. The event is particularly designed for students considering joining their school band program in the upcoming school year. Information will be provided regarding the instrument rental program and instruction with which Song-a-Day offers. Percussion, strings, woodwind and brass instruments will be on display as well as keyboards.

The afternoon event is sponsored by the Coventry Arts Guild. Committed to promoting visual, performing and literary arts in the community, the Coventry Arts Guild, a non-profit organization, was formed in 2015. This event is free and open to the public, although donations, the proceeds of which are to benefit the Guild, will be accepted.

The Instrument Petting Zoo is part of a day long Open House at the Song-a-Day Music Center which will

2018 - really?

By Kevin Pratt Jr.

As the New Year approaches everybody comes in with high hopes that this will be the year that things will turn around for people that were struggling the year before. With every New Year there is what we call a clean slate where we can forget the struggles or mistakes that were made in the past year. I would say over 75% of people believe this, and for most people they would be right.

In my case that would be far from the truth as I sat in my apartment on New Year’s Eve hoping that 2018 would be a better year. I was physically praying to God and praying to my mother hoping things would be better for me in the new year. So far we’re almost 3 weeks into the new year and things did not improve for yours truly. You may be asking yourself what is going on? Why are things not so positive, so far in 2018? Well here you go. The story goes back to the early fall of 2017 when Wal-Mart started cutting my hours without any knowledge that they were going to do that previously. Please keep in mind that Wal-Mart cuts hours every year, however I never expected that they would start cutting hours this early. And this went on for weeks where I was not getting hours or I was being scheduled one day a week - 4 ½ hours - on a particular day, mainly Wednesdays, which I never understood why.

Because I was cut out hours or only being scheduled one day a week I got screwed on the final year quarterly bonus. It would have not been a lot of money but it would’ve been enough money to help a single guy like me maybe pay a bill or buy a little bit of food. Nevertheless I never received the last quarterly bonus because of hours or lack thereof, and this trend kept on continuing throughout the rest of the fall and even through December. As of today the last day I worked was December 13, 2017. Currently I am not scheduled for the entire month of January 2018. I took it upon myself to inquire on what was going on, to express to people that I had not been working. I was told that someone would take care of it or speak on my behalf. Well guess what, nothing has happened. So I took it one step further. I spoke to someone in personnel and expressed to him that I had not been working X, Y, and Z and he basically told me to contact the front end manager and my response was I didn’t even know who the front end manager was so I never got any kind of response back from him at all.

I later find out the reason that I have not been scheduled all this time is due to my availability. However, why was it okay weeks before, but now it’s not okay and why did no one ever tell me of the changes about my availability? However, because I am disabled and I have to rely on homecare and public transportation I can’t just open my availability to anything they want. At least they could have given me some sort of leeway or modification so I wasn’t struggling right now. Because of my lack of hours I may end up having to quit grad school because no money is coming into my house or should I say apartment. I seriously don’t know what to do. After expressing my disappointment, after being told that someone would take care of it and nothing has been done, I’m seriously considering quitting the one job that I’ve had for the last 23 years. I have never seen this level of disrespect to an employee and especially a disabled employee.

Disclaimer: Wal-Mart cuts hours every winter especially after Christmas. However, my hours were being cut long before winter ever approached. There were weeks in September and October I was not even scheduled. There were weeks I was only getting one day. I never got any real explanation to the reason why until the most recent meeting. I was told I needed to open up my availability, but when someone can’t do that there should be alternatives or at least make some suggestions, instead of cutting you out completely. I’ve had people come up to me recently asking me if I had quit or if I had gotten fired. I said ‘No they’re just not scheduling me.’ Should they be scheduling me? Absolutely I help more customers throughout the year that management knows about. I think 2018 should be a new start. Maybe I can find a new job, but it’s hard when you are disabled and transportation is not readily available.

include the unveiling of a new instrument and media showroom managed by SellYourMusicalInstruments.com.

Personnel will be on hand to evaluate and purchase musical instruments and audio equipment brought in by the public.

For more information on the Petting Zoo, the Song-a-Day Music Center or SellYourMusicalInstruments.com, call 860-742-6878. For more information on the Coventry Arts Guild, visit www.coventryartsguild.org. Submitted by Ruth O’Neil, Vice Pres., Coventry Arts Guild ruthoneil@songadaymusic.com 860-918-5957

Taxation of Investments

By James Zahansky, AWMA

It's nice to own stocks, bonds, and other investments. Nice, that is, until it's time to fill out your federal income tax return. At that point, you may be left scratching your head. Just how do you report your investments and how are they taxed?



Is it ordinary income or a capital gain?

To determine how an investment vehicle is taxed in a given year, first ask yourself what went on with the investment that year. Did it generate interest income? If so, the income is probably considered ordinary. Did you sell the investment? If so, a capital gain or loss is probably involved.

If you receive dividend income, it may be taxed either at ordinary income tax rates or at the rates that apply to long-term capital gain income. Dividends paid to an individual shareholder from a domestic corporation or qualified foreign corporation are generally taxed at the same rates that apply to long-term capital gains. These rates are 0 percent for an individual in the 10 or 15 percent marginal tax rate bracket, 15 percent for an individual in the 25 percent, 28 percent, 33 percent, or 35 percent tax rate bracket, and 20 percent for those in the top (39.6 percent) tax bracket. But special rules and exclusions apply, and some dividends (such as those from money market mutual funds) continue to be treated as ordinary income.

The distinction between ordinary income and capital gain income is important because different tax rates may apply and different reporting procedures may be involved. Here are some of the things you need to know.

Categorizing your ordinary income

Investments often produce ordinary income. Examples of ordinary income include interest and rent. Many investments — including savings accounts, certificates of deposit, money market accounts, annuities, bonds, and some preferred stock — can generate ordinary income. Ordinary income is taxed at ordinary (as opposed to capital gains) tax rates.

But not all ordinary income is taxable — and even if it is taxable, it may not be taxed immediately. If you receive ordinary income, the income can be categorized as taxable, tax exempt, or tax deferred.

Taxable income is income that's not tax exempt or tax deferred. If you receive ordinary taxable income from your investments, you'll report it on your federal income tax return. In some cases, you may have to detail your investments and income on Schedule B.

Tax-exempt income is free from federal and/or state income tax, depending on the type of investment vehicle and the state of issue. Municipal bonds and U.S. securities are typical examples of investments that can generate tax-exempt income.

Tax-deferred income is income whose taxation is postponed until some point in the future. For example, with a 401(k) retirement plan, earnings are reinvested and taxed only when you take money out of the plan. The income earned in the 401(k) plan is tax deferred.

Understanding what basis means

Let's move on to what happens when you sell an investment vehicle. Before getting into capital gains and losses, though, you need to understand an important term — basis. Generally speaking, basis refers to the amount of your investment in an asset. To calculate the capital gain or loss when you sell or exchange an asset, you must know how to determine both your initial basis and adjusted basis in the asset.

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Usually, your initial basis equals your cost — what you paid for the asset. For example, if you purchased one share of stock for \$10,000, your initial basis in the stock is \$10,000. However, your initial basis can differ from the cost if you did not purchase an asset but rather received it as a gift or inheritance, or in a tax-free exchange.

Next, adjusted basis. Your initial basis in an asset can increase or decrease over time in certain circumstances. For example, if you buy a house for \$100,000, your initial basis in the house will be \$100,000. If you later improve your home by installing a \$5,000 deck, your adjusted basis in the house may be \$105,000. You should be aware of which items increase the basis of your asset, and which items decrease the basis of your asset. See IRS Publication 551 for details.

Calculating your capital gain or loss


If you sell stocks, bonds, or other capital assets, you'll end up with a capital gain or loss. Special capital gains tax rates may apply. These rates may be lower than ordinary income tax rates.

Basically, capital gain (or loss) equals the amount that you realize on the sale of your asset (i.e., the amount of cash and/or the value of any property you receive) less your adjusted basis in the asset. If you sell an asset for more than your adjusted basis in the asset, you'll have a capital gain. For example, assume you had an adjusted basis in stock of \$10,000. If you sell the stock for \$15,000, your capital gain will be \$5,000. If you sell an asset for less than your adjusted basis in the asset, you'll have a capital loss. For example, assume you had an adjusted basis in stock of \$10,000. If you sell the stock for \$8,000, your capital loss will be \$2,000.

*This is for informational purposes only and should not be construed as tax advice. Please contact a tax professional regarding your specific situation.



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By EC-CHAP

The months are just flying by!

We have a full line-up for February and continue to add new program offerings! NYC Jazz vocalist and pianist **Nicole Zuraitis** will debut her new album release *“Hive Mind”* at The Packing House on Friday, February 2nd. At 7:30pm; **The Hampton Trio** will perform a classical concert Sunday afternoon, February 4th, at 3:00pm and an assortment of regional artists including **Gracie Day** (Indie), **Lisa Martin** (Folk/Indie), **Jeff Przech** (Americana), and **Ramblin’ Dan Stevens** (Blues) will return to The Packing House as part of the *EC-CHAP Acoustic Artist Series*.

In addition to our performance schedule, EC-CHAP welcomes you to our recurring monthly programs including our **Talent Showcase** the 2nd Wednesday (this month on Valentine’s Day); **Drum Circle with Bob Bloom** the 3rd Tuesday (this month on February 20th); and a new monthly program beginning in March, the **EC-CHAP Social Dance Series with Kelly Madenjian** on the 2nd Thursday. Kelly will provide a brief instructional period at the start of the evening, and sessions will feature just about every dance style out there from Ballroom to Swing to Latin – you name it! The inaugural session is scheduled for Thursday, March 8th at 7:00pm.

This month, the EC-CHAP **“Information Exchange Meeting”** is scheduled on **Tuesday, February 13th at 7:00pm** in The Packing House. If you’re interested in learning more about EC-CHAP membership, partnerships, and how you can become involved, please join us. Refreshments provided. We encourage you to visit our website at www.ec-chap.org or www.thepackinghouse.us for additional program details, ‘soundbites’, videos, and artist bios.

Everyone has heard of Pink Floyd’s classic album *Dark Side of the Moon*. Want to learn how this historic album came to be? Join us for the **EC-CHAP Friday Night Film Series**, Friday, February 9th, at 7:30pm to see the documentary film, *Pink Floyd: The Making of the Dark Side of the Moon* (G).

EC-CHAP “Artist In Residence”, Rebecca Zablocki, has been busy coordinating a group show combining the works of resident ceramic artists from the “Worcester Center for Crafts”, Worcester, MA. The opening is planned for Spring 2018, and will include original art from several potters and sculptor. A solo show featuring the works of our own Rebecca Zablocki is planned for Fall 2018.

We would like to remind folks of the upcoming **Spring “First Sunday at The Mill Works”** scheduled for Sunday, March 4th, from 12:00pm to 5:00pm. These quarterly community events will include open artist studios, the Gardiner Hall Jr. History Museum, various performances, interactive activities, refreshments, and more! This event will also feature the paintings of **Patti Rothberg** who will be performing at The Packing House the evening before, Saturday, March 3rd, at 7:30pm. Patti will introduce her work at the show Saturday evening (www.pattirothberg.com).

FEBRUARY PERFORMANCES AND FILM SHOWINGS

EC-CHAP Jazz Series:

An Evening with Nicole Zuraitis (Jazz). Friday, February 2nd, 7:30pm

It is a privilege to have Nicole Zuraitis join us in her debut performance at The Packing House. Nicole’s musical talent exceeds expectations... Her smooth vocals and jazz piano, combined with original composition and arrangement just leave you wanting more. This is one performance not to miss!

Nicole is the 2016 New York City Songwriting Competition Coffee Music Project Winner, 2015 second runner-up in the Sarah Vaughan International Jazz Vocal Competition and the 2014 Herb Albert ASCAP Young Composer Awards Winner. Nicole has headlined the Blue Note (NYC) and maintains residencies at the 55 Bar, Rockwood Music Hall (with the Dan Pugach Nonet), and Re-



dye Grill. Audiences love Nicole’s limitless enthusiasm, but that’s only part of her story; only part of her talent.

“A heart as big as her remarkable voice”-- **JAZZ POLICE**

“A voice that’s hard to ignore... remarkable range... you can’t help but stop and take notice.” -- **JAZZ INSIDE MAGAZINE**

While pursuing a career that has spanned jazz, pop and classical, Nicole has collaborated with Cyrille Aimee, Thana Alexa, Dave Stryker, Livingston Taylor, Tom Chapin, Omar Hakim and Bernard Purdie. She’s performed at festivals nationwide, and has recorded two albums: 2013’s *Pariah Anthem* and 2009’s *Spread The Word*, both releases featuring the cream of New York’s jazz hierarchy.

Nicole’s new recording, *“Hive Mind”* (Dot Time Records), chronicles themes close to her heart, including an unflinching love of family and friends delivered with a sincere spirit that finds release in eight intimate original compositions (and two covers) which span genres. After hearing *“Hive Mind”*, you’d expect nothing less from this NYU trained classical vocalist and Connecticut born songwriter who swings hard as she brings listeners under her enveloping musical wings. Nicole will be debuting the Connecticut release of this new album at The Packing House on February 2nd. (www.nicolezmusic.com/)

Nicole will be joined by Idan Morim on guitar, Alex Busby on bass, and Dan Pugach on drums. Doors 7:00pm / Show 7:30pm. Tickets \$15.00 Advance (online) / \$20.00 Door / Special student pricing \$10.00 at the door (with valid I.D.). NOTE: IN THE EVENT THIS PERFORMANCE IS CANCELLED DUE TO INCLEMENT WEATHER, IT WILL BE RESCHEDULED ON SATURDAY, MAY 19, 2018.

EC-CHAP Acoustic Artist Series:

The Hampton Trio (Classical). Sunday Afternoon, February 4th, 3:00pm



The Hampton Trio (Beverly Davis, classical guitar; Mark Davis, mandolin; Robert Margo, mandola) performs original music and arrangements for an ensemble of mandolin, mandola, and classical guitar. Inspired by the groundbreaking work of groups such as Trio Nuovo (Japan) and Trio Chamorro (Spain), the Hampton Trio’s goal is to popularize and add to the existing repertoire for this instrumentation. In addition to their trio repertoire, the group’s programs often feature duets by Beverly and Mark Davis, and solos by Robert Margo (http://markmdavis.com/the_hampton_trio).

We welcome The Hampton Trio to The Packing House! Doors 2:30pm / Show 3:00pm. Tickets \$12.00 Advance (online) / \$15.00 Door.

Gracie Day with Lee Sylvestre (Indie). Saturday, February 10th, 7:30pm



Gracie Day is 2017’s “Best New Act” according to the New England Music Awards, an organization that acknowledges musical artists across all six states. Based in Hartford, and recently named “Best Folk Band” in CTNow’s Best of Hartford Reader’s Poll for 2017 (www.graciedaymusic.com/).

We welcome Gracie Day and Lee Sylvester back to The Packing House with great pleasure! Since their last visit, Gracie’s musical career has grown to new heights (both as a solo artist and with her band Gracie Day & The Knights) - and with no surprises here. Her original songwriting, unique vocals and emotional delivery are being recognized throughout the state and beyond. Lee’s guitar skills and dynamics are second to none; and we hope to learn more about his new project with The Auburn Mode. Not only are they extremely talented musicians, their humble and respectful nature make collaboration a true pleasure. Doors 7:00pm / Show 7:30pm. Tickets \$12.00 Advance (online) / \$15.00 Door.

Lisa Martin (Folk / Indie). Saturday, February 17th, 7:30pm



We are pleased to have Lisa Martin return to The Packing House! Lisa’s original song writing, creative arranging, and heartfelt vocals provide a mix of exceptional musical talent. Martin has performed regionally in the northeast and in parts of the mid-west. She has opened for many nationally touring artists including Melanie, Patty Larkin, Vonda Shephard, Livingston Taylor, Aztec Two-Step, Steve Forbert, Ellis Paul, John Gorka, Vance Gilbert, David Wilcox, Toshi Reagon and many others and has headlined at the legendary Iron Horse Music Hall, in her home territory of Northampton, MA. (www.lisamartin-songs.com)

Highlights of her regional performances include the Newport Sunset Festival, the Hear In Rhode Island stage at the Newport Folk Festival, the Providence Folk Festival, Ladies ’n Lyrics concert series, the Midwest Music Summit and the Northeast Regional Folk Alliance Conference. She also performs in and around Nashville TN from time to time including an appearance at Antique Archaeology from the TV show “American Pickers”. Founder of the New England Women Songwriters Collaborative, and Co-founder of the Western Mass Songwriters Collaborative, Martin continually seeks opportunities for songwriters to showcase their music and grow their audiences in addition to giving back to the community. Doors 7:00pm / Show 7:30pm. Tickets \$12.00 Advance (online) / \$15.00 Door.

Jeff Przech with Ashlee Paraidis (Americana). Friday, February 23rd, 7:30pm

A native of Hartford, Connecticut, now calling Unionville, CT home, Jeff Przech (pronounced ‘Presh’) released his debut record “Sounds Like Fresh” in 2015. Called ‘as Americana as they come’ by one reviewer, Przech’s music offers a different geographical take on the genre while still maintaining the characteristics of modern Americana music.

Przech, despite hailing from the Northeast, offers a very authentic take on the Americana sound with a distinct lack of pretense. Though 2015 was his debut as an original artist, Przech spent over a decade playing in the Connecticut cover band scene before deciding to devote his full attention and efforts to his own songs. Przech favors the narrative style of lyricism shown by modern artists like Jason Isbell as well as legendary artists like Kris Kristofferson, who Przech cites as his biggest influence (www.jeffprzech.com/).

Jeff will be joined by Ashlee Paraidis. Doors 7:00pm / Show 7:30pm. Tickets \$12.00 Advance (online) / \$15.00 Door.

Ramblin’ Dan Stevens (Blues). Saturday, February 24th, 7:30pm

Ramblin’ Dan Stevens performs a mix of traditional finger style blues, americana and originals and has entertained audiences throughout the United States, Germany, UK, Canada and US Virgin Islands. His unique style of “bottleneck” slide playing popularized by early Mississippi Delta bluesmen includes use of a homemade, three stringed “Cigar Box Guitar” and one stringed “Diddly Bow”, both primitive blues instruments (ramblindan.weebly.com/).

A finalist in the International Blues Challenge on Beale St. in Memphis TN and protege of the legendary folk and blues icon Dave Van Ronk, Dan has been lauded as a raconteur and for the authenticity of his approach. Dave’s career has recently been highlighted by the release of the the Coen Brothers movie, “Inside Llewyn Davis”, set in the Greenwich Village scene in the sixties. Also, Dan plays regularly in the New York City Subway System in locations such as Times Square and Grand Central Terminal. Doors 7:00pm / Show 7:30pm. Tickets \$12.00 Advance (online) / \$15.00 Door.

EC-CHAP Friday Night Film Series:

“Pink Floyd: The making of the Dark Side of the Moon” (G). Friday, February 9th, 7:30pm

“Pink Floyd: Dark Side of the Moon” is a behind-the-scenes documentary about the making of the classic 1973 album *Dark Side of the Moon*.

This 84-minute film offers a track-by-track look at the making of Dark Side of the Moon, featuring interviews with band members Waters, David Gilmour, Nick Mason, and Richard Wright, plus rare acoustic versions of “Breathe” and “Brain Damage.”

“For those fans interested in the story behind the crafting of one of rock’s true landmark records, this is the equivalent of ambrosia. Discussions involve the studio-specific techniques used to create the clock loops on “Time,” the cash register sounds on “Money,” and the vocal chorus on “The Great Gig in the Sky.” Special features include alternate versions of ‘Brain Damage’, ‘Breathe’, and ‘Time’.” - Top Documentary Films.

Doors open at 7:00pm / Showing at 7:30pm. Suggested donation \$5.00.

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. Unless otherwise specified, doors open 30-minutes prior to show time.

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. You can also bring your paid ticket to Willington Pizza House (or WP Too) for eat-in or take-out the night of the show and receive 15% off your meal purchase. If you’re feeling sassy, SPECIFICALLY ask for “**The Packing House**” pizza! You won’t go wrong. Visit www.thepackinghouse.us for the secret recipe.

Program cancellations will be listed on the EC-CHAP website (www.ec-chap.org), and The Packing House website (www.thepackinghouse.us). Cancellations will also be listed on the **News 3** website (www.wfsb.com) and **News 8** website (www.wtnh.com).



1.15.18 Deshawn Chapman, 10, of North Windham, recites Dr. Martin Luther King’s ‘I Have a Dream’ speech at Willimantic’s Calvary Baptist Church M.L.K. day service. Tom King photo.

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).

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How UConn Women’s Polo Team Won the ‘96 National Polo Championship

Excerpts from *Dust and Determination: A History of UConn Polo* by Helen Scanlon

Polo is a fast-paced, exciting game on horseback that requires not only riding skill, but strength, balance, and exemplary eye-hand coordination. It is the oldest of the equestrian sports, and is steeped in history and tradition. Polo originated as a training sport for war, and, over the centuries, garnered a bit of a reputation of being only accessible to the wealthy because of the great cost to maintain all aspects of the game—which is not just limited to the purchase and care of superbly-bred polo ponies.

Modern-day polo has evolved to include those from more modest backgrounds, including college and high school players. In the case of intercollegiate polo, many programs have students paying their own fees and doing barn work to earn a place on the team. As with UConn, many of polo ponies are donated, and some are trained for the game by the students. Polo is a treasured sport for many universities across the nation; it is not only fun and teaches the importance of teamwork and good sportsmanship, but it also offers a strong educational component. Students in a polo program can learn much about the anatomy, care, training, and behavior of the horse, something that one cannot learn solely from a textbook.

[UConn formed its first men’s polo team in 1968. The first official women’s team formed in 1976. Fast forward twenty years...]

The 1995-1996 season saw the men’s team win over UC Santa Barbara in a tough and demanding game in the national quarterfinals. The final score was a tight 14-13, the Huskies showing their mettle against the Gauchos. With the victory, the men advanced to the Final Four. At the nationals, they met up with Texas A&M in the Lone Star state. The Huskies fought hard, but the Aggies were victorious, with a 12-20 on the scoreboard. The men’s team of Leo Mandelbaum, Matt Syme, Oliver Butterworth and Carlos Rizo-Patron ended a stellar season with an impressive 12-4 record.

The 1995-1996 women’s team consisted of the returning players Meg Dinger, who also resumed her role as captain, Kim Morgan and Alicia Wells, along with new recruit Susan Egan, a fine arts and photography major. All four women were strong and skilled riders, and three of them had played on the previous season’s reserve national championship team. They knew what they had to do to get to the top, and they had the experience and fortitude to get there. Would the team pull it all together to grab the ultimate prize? They had to face their rivals at Cornell to find out.

Our Community Calendar

Compiled By Dagmar Noll

Ed. note: Our calendar begins here and winds its way through the issue.

February 2, Friday

Live Music: An Evening wiht Nicole Zuraitis (Jazz), 7:00p.m. Tickets \$15.00 online / \$20.00 door. Part of the EC-CHAP Jazz Series. The Packing House at The Mill Works, 156 River Road, Willington, CT 06279. Snacks and soft drinks available. "BYOB&F"™ (Wine & Beer Only - I.D. Required). Info and table reservations call: 518-791-9474. www.thepackinghouse.us

February 4, Sunday

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
Live Music: Mark & Beverly Davis (Classical), 7:00p.m. Tickets \$12.00 online / \$15.00 door. Part of the EC-CHAP Acoustic Artist Series. The Packing House at The Mill Works, 156 River Road, Willington, CT 06279. Snacks and soft

The UConn women won almost every game they played, with the exception of two losses to Big Red, Cornell. UConn defeated Cornell at the John Ben Snow Tournament and the Eastern League Championship, but lost to them in the finals of the Eastern Regional Tournament in overtime. The game went into sudden-death, and nails were bitten to the quick as Cornell pounded the winning goal to victory. The loss still allowed the UConn women to enter the Final Four as a “wild card” team.

It wasn’t over. They would meet Big Red again. But first, the Lady Huskies easily conquered West Coast champions Cal Poly and won with a breathtaking score of 25-2. They weren’t done. Next on the chopping block were the champions of the central division, CSU.



The author with ‘Fiona.’

Steve Scanlon photo.

UConn led the game 9-0 by the end of the first half, then, as if they were just warming up, went on to completely destroy Colorado, ending the game with a 21-9. Where was Cornell when all of this was happening? They were winning, too—they defeated the strong UVA team in the semifinals.

The Huskies and Big Red would battle it out again, this time with a towering National Championship trophy up for grabs. Both teams were formidable. Powerful. Fast. The game—held at Brushy Creek Polo Ranch in Burleson, Texas—was a white-knuckle ride, and by the first half, UConn held on to a thin two-point lead. The wild card team from Storrs was like a tornado in a bottle—untwist the cap, and watch them go. Cornell was tenacious, however—and they shot back at UConn, mallets swinging and ponies huffing—but UConn didn’t relent. By the third chukker it was all Huskies, and even with Cornell chasing them down—UConn continued to dominate the game. The UConn Huskies won the 1996 National Intercollegiate Polo Championship over Cornell by three points, with 18-15 by the final chukker. The buzzer sounded and it was over.

The UConn women won their first National Intercollegiate Polo Championship, with Coach Jim Dinger at the helm.

Helen Scanlon is an author and artist from Hampton, Connecticut. Dust and Determination: A History of UConn Polo is her fourth book. Her books are available at the Willimantic Food Co-op, Thompson’s General Store in Mansfield Depot, Barnes and Noble at Storrs Center, and Amazon.

Go here to find out more: www.helenscanlon.com

drinks available. "BYOB&F"™ (Wine & Beer Only - I.D. Required). Info and table reservations call: 518-791-9474. www.thepackinghouse.us
Meditation: Willimantic Mindfulness Sangha Meditation, 7:00p.m. - 8:30p.m. Non-sectarian, Buddhist-style sitting and walking meditations, teaching and sharing. Knight House, ECSU. Info: 860-450-1464 dmangum617@gmail.com

February 7, Wednesday

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

February 8, Thursday

Puppetry: Forum: Nurturing New Work for Puppet Theater: the Jim Henson Foundation, 7:00p.m. Ballard Institute & Museum of Puppetry, Ballard Institute Theater, 1 Royce Circle, Suite 101B, Storrs. Info:860-486-8580 bimp.uconn.edu

News from Hampton’s Fletcher Memorial Library

Submitted by Deborah M. Andstrom, Librarian

Library Hours: Wednesday 12-8, Thursday & Friday 9-12, & Saturday 9-3

Top Shelf Gallery-February 1 – March 30
Hampton photographer Eleanor Linkkila’s work will be on exhibit from February 1st through end of March.

Take Your Child to the Library Day
Saturday, February 3rd, 9:00 a.m. – 3:00 p.m.

Check out your local library! Fletcher Memorial Library invites the community to visit our beautiful library. A love of reading and books starts with pictures, stories & rhymes, which even the youngest children will enjoy and Take Your Child to the Library Day is a great excuse to drop by. We’ll have stories, a craft, and refreshments throughout the day.

FML Book Discussion Group
Wednesday, February 7th @ 6:30 p.m.
We will be discussing Murder on the Orient Express by Agatha Christie. New members are always welcome!

Valentine’s Day Card Making
Saturday, February 10th, 9:00 a.m. – 3:00 p.m.
Come to the library to make a Valentine’s Day card. We’re open from 9-3. All ages are welcome!

Save the Date!
Dr. Seuss’s Birthday Party featuring The Cat in the Hat!!
Saturday, March 3rd from 10:00 – 11:00 a.m.
Dr. Seuss stories, a craft, birthday cupcakes, and a visit from The Cat in the Hat in person. He will be available for pictures, and an autograph.

Story Time, Song & Play
Every Friday Morning 10-11 a.m.

Story Time, Song & Play for children (ages 0-5) and their caregivers. This is an interactive program using a variety of musical instruments, rhymes, songs, finger plays, puppets, as well as a story or two. Our goal is to encourage a lifelong love of reading and learning.

Knitting Group
Every Wednesday 12– 3 p.m.
Drop in and have a cup of tea/coffee and work on a needlework project, or just come in to socialize. All are welcome!

Drop-In Adult Coloring
Experience the stress-reducing and meditative benefits of coloring. Unwind with creative coloring at the library. Coloring sheets and pencils will be provided, but feel free to bring your own. Free drop-in program. For more information, please call the library at 860-455-1086. 257 Main Street, P.O. Box 6, Hampton, CT 06247

860-455-1086 Web Site: fletchermemoriallibrary.org

Winter Greetings from Willington’s Gardiner Hall Jr. Museum!

By Pamm Summers

I’m sure all you readers are no different from us at the Museum and have hunkered down for the long cold winter ahead. We are still open every Tuesday from 9:30am until 11:30am unless there is a massive amount of snow on the ground!

We have been talking among the Board members about changing our displays to include a more diverse view of Willington through the ages. Primarily the mid 1800’s to present day. We would like to present photos, artifacts and written stories of events from that time period. If you find this is of interest to you, or if you have time to assist with the gathering of artifacts, please stop in on a Tuesday and let’s talk about how we help each other get this project off the ground. All help will be more than welcomed.

And if cabin fever is starting to get you down you can come to The Packing House for one, or more, of the lively performances that are scheduled weekly through May! It’s a great way to be among neighbors and friends that have been staying warm inside. It helps with the winter blues to get out and talk, laugh, BYOB&FTM and reconnect during these cold, cold months.

Come on out and have some fun at The Mill Works with EC-CHAP, 156 River Road, Willington. Check our website for upcoming events at www.ec-chap.org or www.thepackinghouse.us. Hope to see you soon!

Food for Friends (and Thought)

By Jackie Kulig

This will be our fifth year running a Community Supported Agriculture (CSA) program at Willow Valley Farm in Willington. We’ve learned a great deal over the past five years and have made many improvements to our farm and growing methods. We’ve been able to feed our friends and family with delicious, fresh vegetables. The work is rewarding in a number of ways, but one of the best parts is being able to offer CSA shares to families that may not otherwise be able to afford fresh, local produce.

Maybe you are unfamiliar with the term “CSA”? Community Supported Agriculture, or CSA, is a way for members and farmers to partner in the production and support of locally grown, sustainable, high quality produce. The farmer has capital up front to purchase supplies for the coming season and members have fresh, high quality seasonal fruits and vegetables for the time agreed on. CSAs encourage the daily consumption of a variety of nutritious, fresh produce, which can support long-term changes in diet and overall health. This system relies on the members’ financial investment in the farm and the farmers’ dedication to working the land, but does not typically welcome participants with limited financial means.

The idea of a “subsidized” CSA share came to us in 2015. Food access, especially when it comes to healthy, sustainably grown food, is a big issue in our society. There are countless reasons for this problem and many ways we could go about making a change to our “food system”, but we wanted to keep it simple, and more importantly, local. We knew there were other farms, and even statewide programs, elsewhere that were making it easier for more families to participate in CSAs. For our own sake and the sake of our members, we wanted to keep it as “user-friendly” as possible – no grants or government involvement, just a program funded by the community and for the community.

All the funding for our “Food for Friends” subsidized share program comes from fellow CSA members and community members. We invite our participating members to include a donation with their yearly contract, and we also solicit donations at special events and farmers’ markets. These generous donations are used to pay for 50% (or sometimes more) of the share price for households with limited income. To participate as a recipient, the family need only contact us: wvfcsa@gmail.com or (860) 933-5842.

In 2017, four families received subsidized shares through our “Food for Friends” program. We are hoping to be able to offer even more subsidized shares in 2018!



Please help us by spreading the word to potential donors, recipients, or other farms that may want to adopt a subsidized CSA program. Here is a testimonial from one of our 2017 “Food for Friends” members:

“The quality and variety of vegetables consistently exceeded our best expectations! My daughters and I were able to enjoy an abundance of the freshest food possible with the least amount of food-se-

curity anxiety than ever before. A CSA share has always been on our minds, yet always beyond our means until this year’s opportunity with Willow Valley. It became easy to eat quick and delicious fare all season and it wasn’t until the CSA ended that we realized how radically challenged our access to wholesome food really is, financially and via commercial supply chains. Thank you does not begin to address the spirit and understanding of the gift our CSA share was to us; for 20 weeks, our table was free of the cheap, starchy food that made us feel as tired as it did poor and malnourished. Such beautiful and high quality, fresh food should not be so inaccessible, and yet for many, including us, it usually is. I feel inspired and encouraged to afford an annual share and trying to learn how our year-round food choices can be improved.”

For more information, visit our web site: <https://wvfcsa.wordpress.com/food-for-friends/>



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Tactical Military Victory, However...

By Tom Woron

The news story in January 2018 of the United States Secretary of Defense visiting a Communist ruled Vietnam as a friend seeking a possible military alliance would have been unthinkable at this time 50 years ago. In early 1968 I had no idea what was going on in the world outside of my home, neighborhood, the school bus or my kindergarten classroom. Little did I know that I was living through some of the most turbulent times in United States history. It would be many years before I would understand what was going on at the time.

As 1968 dawned, United States military forces were in Southeast Asia engaged in fighting a large-scale conflict known as the Vietnam War. American servicemen were fighting and dying in the war every day to prevent a Communist take-over of the nation of South Vietnam.

The nation of Vietnam was actually two nations in the 1960s with Communists ruling North Vietnam and an anti-Communist government in South Vietnam. The Communist leadership of North Vietnam along with Communists in South Vietnam, who were known as the Viet Cong, sought to overthrow the American supported South Vietnamese government and unify the two Vietnams into one nation under communism. Viewing communism as an eventual threat to the United States and the freedoms that it stood for, the administration of President Lyndon B. Johnson sent American military forces on a large scale to South Vietnam in 1965 to prevent just that. American troops became involved in furious combat on the ground and United States Aircraft bombed targets in both North and South Vietnam.

By late 1967 the American public was not seeing any sign of victory in the war despite the aerial bombardment of Communist targets and the participation of U.S. troops in battle. “Victory” for the United States in Vietnam would simply have meant convincing the North Vietnamese and Viet Cong to give up their ambition of conquering non-communist South Vietnam by force. That goal did not seem to be within reach any time soon. To assure a skeptical American public that an end to the war favorable to the United States was in sight, General William Westmoreland, the commander of all U. S. military forces in Vietnam, stated in late 1967 that the enemy appeared to have disengaged and withdrawn from many contested areas in South Vietnam and overall military activity by the Communists had dropped significantly. In short, Westmoreland said that the United States military and their South Vietnamese allies were winning the war. The American public was in for a shock.

Tet is the Vietnamese Lunar New Year and most important holiday in Vietnamese culture. Traditionally a truce was observed for the holiday by both sides during the early years of the Vietnam War. But 1968 was to be very different.

With it understood that there would be a truce for the 1968 Tet holiday almost half of the troops of the South Vietnamese Army were on leave and the Americans were caught unprepared for what was to happen. There had been warning signs of what was to come but they were not taken too seriously.

On January 30, 1968, the Tet holiday, the North Vietnamese and Viet Cong Communists launched the Tet Offensive, which was surprise, simultaneous, large scale attacks on more than 100 of the major cities, towns, government institutions and military outposts throughout South Vietnam.

The Communists’ plan for the offensive called for a major uprising of the South Vietnamese population to overthrow the U.S. supported government. Communist military commanders hoped the South Vietnamese Army would collapse and the U.S. would then give up fighting in Vietnam. In most of the cities and towns that initially came under attack, Communist forces were spread too thin and quickly defeated within a week or so by local militia and police. There were exceptions though.

The North Vietnamese and Viet Cong overran the major ancient city of Hue in the northern part of South Vietnam on January 31st. Only through furious house to house, street by street fighting and heavy U.S. firepower that turned the city into rubble was Hue returned to South Vietnamese control almost a month later. Over 200 U.S. Marines and over 400 South Vietnamese troops were killed in the battle for Hue, which lay in ruins when it was over.

The main target of the Communists’ offensive was the capital city of Saigon. Small groups of Viet Cong spread out around the city capturing and executing anyone who was of any importance to the South Vietnamese government or military. In one move that shocked the American public and international observers, Viet Cong sappers



blasted their way into the U.S. Embassy in Saigon, killed several Americans and held the building for about six hours before American forces regained control of it. Ferocious fighting went on in and around Saigon until March 7.

In what is seen as a diversionary tactic to draw American attention and military resources away from the coming offensive, on January 21, 1968, well before the Tet attacks were launched against the major cities and military bases of South Vietnam, the North Vietnamese began a large scale artillery bombardment of the U.S. Marine base at Khe Sanh located in the northwest part of South Vietnam. Six thousand U.S. Marines found themselves isolated and surrounded by approximately 20,000 North Vietnamese troops. For seventy-seven days the Marines were under constant siege from enemy artillery, rockets and mortar fired from Communist positions in the hills around Khe Sanh. At times it appeared that North Vietnamese infantry might overrun the Marines and capture the base. The daily siege and battle began to look eerily similar to the Battle of Dien Bien Phu, a major defeat suffered by the French in Vietnam in 1954 convincing them to give up their Southeast Asian colony. President Johnson was determined that the battle at Khe Sanh would not become an American Dien Bien Phu. He ordered the base to be held at all costs. It was even said that during the siege President Johnson would be up in the middle of the night in the White House studying a model that was created of the Khe Sanh area. The battle at Khe Sanh, one of the biggest battles of the Vietnam War, dominated the news all through March 1968.

The Khe Sanh base was not overrun by the North Vietnamese largely thanks to heavy bombing of Communist positions around Khe Sanh by the U.S. Air Force and artillery fired back at the enemy by the Marines. The North Vietnamese suffered a terrible defeat in losing two entire divisions of troops around Khe Sanh. Meanwhile the Tet attacks all over South Vietnam were beaten back with heavy losses suffered by the Communist forces. The South Vietnamese population did not rise up against their U.S. supported government in favor of the Communists’ cause. In tactical military terms the North Vietnamese and Viet Cong suffered a major military defeat and their offensive against the U.S. and South Vietnamese forces was a tactical failure.

However, we all know that the Vietnam War ended in victory for North Vietnam when they achieved their goal of a total military conquest of South Vietnam in 1975. As it turned out, the ferocious battles in South Vietnam fought at this time of year fifty years ago, as much of a tactical military victory they were for U.S. and South Vietnamese forces, were really a strategic victory for the Communists that ultimately led to their conquest of South Vietnam.

The American public having only recently been told that the U.S. was winning the war in Vietnam and the end was in sight was totally shocked by the ferocity of the enemy offensive in early 1968. In what was called the first “living room war” because news film footage of the fighting was broadcast on television for viewing in their homes, American citizens could not believe the images from Vietnam that they were seeing on the evening news. Images of the ferocious fighting in the cities, numerous American casualties and especially the U.S. embassy in Saigon damaged because the enemy actually held it for a while, did not convince the American public that the war would be over any time soon with an American victory. The majority of the American people, who previously supported the Johnson Administration’s prosecution of the war in Vietnam, began to turn against it. In one particularly shocking image to the American public was film footage seen on television as well as a still photo in the newspapers, of the South Vietnamese chief of National Police, General Nguyen Ngoc Loan executing a captured Viet Cong commander by shooting him in the head with a pistol in the streets of Saigon. The shock of this footage and photo caused the American people to question what kind of ally we were fighting for. The photo of the execution is sometimes called the photo that lost the war due to the large-scale change that followed in American public opinion from supporting the war to opposing it.

Convinced by the images from Vietnam during the Tet Offensive that victory was not possible, some highly influential Americans such as newscaster Walter Cronkite, as well as the majority of the American public began to call for the U.S. to withdraw from the war. Feeling that the American people had turned against him because of the ferocity of the enemy offensive in Vietnam, President Johnson, in a surprise move, announced his intention not to seek re-election in 1968.

It can be argued that the U.S. eventually withdrew from participating in the war in Vietnam due largely to the Communists Tet Offensive of early 1968. In that sense, the Communists won a strategic victory despite suffering a big

tactical defeat. Since they were able to convince the American people to turn against the war, they were eventually able to achieve their goal of conquering South Vietnam and unifying the country.

During the height of the 1968 Tet Offensive battles General Westmoreland requested that President Johnson send 206,000 additional American soldiers to Vietnam. With the addition of that many more troops Westmoreland was convinced that he could have finished off the Communist forces for good and won the war right then and there in 1968. Realizing that the American nation was turning against him due to his handling of the war in Vietnam, Johnson refused Westmoreland’s request for that many additional troops.

Could South Vietnam have been saved from eventually being conquered by Communist forces had he gotten the 206,000 additional troops? We will never know and historians will debate it forever.

Retired Teacher Crisis

By Buzz King

Because of major concerns about the impact Connecticut’s final budget package will have on retirement issues of active and retired teachers, a forum has been scheduled to provide updated information and answer questions of local educators.

Windham/Tolland Retired Teacher Association (WTRTA) will host the event, scheduled for February 27 at Quinnebaug Valley Community College, beginning at 3:45. Area Legislators are expected to participate.

To be addressed are two major issues of immediate concern: retirement income and insurance. In order to restore funding for the Medicare Savings Program in this year’s budget, the state Legislature took over 19 million dollars from the teacher pension fund, which is already underfunded by more than 13 million dollars, so answer are sought as to the future of the account.

A second crisis involves the impending insolvency of the Health Insurance Fund. While active and retired teachers have continually paid their mandatory share into this account, the state has not met its obligation, placing the future of the fund in jeopardy.

The Association of Retired Teachers of Connecticut, which advocates for 36,000 retired teachers, does not have a negotiated contract with the state and therefore depends upon the legislature to maintain promised retirement benefits. A portion of educator’s salaries is contributed on an annual basis. This year that percentage was raised from 6% to 7% to reduce the state’s matching payment.

February 9, Friday
Film: “Pink Floyd: The Making of the Dark Side of the Moon” (G). Doors 7:00pm / Show 7:30pm. Part of the EC-CHAP Friday Night Film Series. Snacks and soft drinks available. “BYOB&F”TM (Wine & Beer Only - I.D. Required). The Packing House at The Mill Works, 156 River Road, Willington, CT 06279. Suggested donation \$5.00. Info and table reservations call: 518-791-9474. www.thepackinghouse.us.

February 10, Saturday
Festival: Romantic Willimantic Annual Chocolate Festival, 8:30a.m. - 3:00p.m. 2-mi. Road race, baking competition, chocolate chip stroll, and music by Bruce John. Downtown Willimantic.
Community Food: Willimantic Food Co-op’s 38th Birthday, 11:00a.m. - 5:00p.m. Free samples, cakes, and live music. 91 Valley St, Willimantic. Info: 860-456-3611 www.willimanticfood.coop
Kids: Candy Land Game, 12:00p.m. - 3:00p.m. Drop-ins welcome. Windham Textile & History Museum, 411 Main Street, Willimantic. Info: 860-456-2178 www.millmuseum.org
Skill Share: Vegetable Gardening with John Larusso, 1:00p.m. - 3:00p.m. Free. Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Info: 860-455-9534 jasper.sha@ct.gov
Live Music: Gracie Day with Lee Sylvestre (Indie), 7:00p.m. Tickets \$12.00 online / \$15.00 door. Part of the EC-CHAP Acoustic Artist Series. The Packing House at The Mill Works, 156 River Road, Willington, CT 06279. Snacks and soft drinks available. “BYOB&F”TM (Wine & Beer Only - I.D. Required). Info and table reservations call: 518-791-9474. www.thepackinghouse.us

February 11, Sunday
Skill Share: Medicinal Grade Essential Oils & Food, 11:30a.m. - 12:30p.m. Coventry Winter Farmers’ Market, 78 Ripley Hill Rd, Coventry Info: www.everydayharvest.com
Hiking: Long Distance Guided Hike, 12:00p.m. - 3:00p.m. (See 2/4)
Meditation: Willimantic Mindfulness Sangha Meditation, 7:00p.m. - 8:30p.m. (See 2/4)

What Are You Going to Do About It?

The Paradox of Knowing Too Much and Too Little

By Edmund J. Smith, LCSW

These days, the presence of the mass media is with us always. It is now a rare occurrence to find a restaurant, or any public place, where there is not a TV blaring the latest traumatizing reports to events that flow into our field of experience, as if issuing from one massive waste-drenched river. One would think that the effects of all this would be to create proportionate horror, outrage, and appropriate response. The problem is that it has produced quite the opposite. And still we wonder why the American public lags behind so many other populations in the degree of activism that it is willing to engage in, in the face of disastrous political tidings.

One of the salient features of psychological trauma is numbing, or desensitization. It is the opposite side of the coin of hyper-vigilance, impulsive reaction, and other more familiar signs of the condition known as PTSD. This numbing is accompanied by dysphoria, or ‘bad feelings’ and a sense of helplessness before the spectacle of the horror being portrayed. One of the functions of mass media, now comprising other outlets such as Facebook, Twitter, and the like, is to reinforce these feelings endlessly, supplying trauma details from every geographical point in a person’s daily functioning. It then becomes routine to witness police shootings, terrorist attacks (not to be confused with military missions!), stories of school shootings, domestic violence....and the list goes on. Information overload, sensory overload, leaving one helpless before the spectacle.

A key element that all of these stories have in common- besides their more often than not being reported through a filtered lens of corporate America, with its predilection for blaming human nature and for providing scant if any explanatory insight- is their leaving viewers with a sense of helplessness before the scenes that unfold before them, instilling resignation before the spectacle of it all. Resignation is vital to establishing obedience, and obedience is fear-driven compliance with the will of others. Fear and depression, as well as hate (often in the form of misdirected anger) are the mood colors that largely inform reactions to news reports as well as the many story-lines of Hollywood dramas, leaving audiences with feelings that push them further from themselves, from people around them (beware, the stranger!) and from meaning in daily activity.

Having outlined such a phenomenon, the question becomes, ‘what is to be done about all this, or is stating the above like the news stories themselves, a set of statements bankrupt of any motivating content? Perhaps the first step, and for some the hardest, is to turn away from the gruesome spectacle. The objection might be raised, ‘to turn away from the news and from disagreeable incidents in life generally, isn’t that a form of numbing, breeding indifference and leaving the playing field of life only to the bad guys? To turn away from horrific funhouse of demoralizing reports is not to turn away from responsibility or from the core values of a meaningful life. It is to provide a fresh field in which to think ‘outside of the idiot box’ in order to address what most concerns us.

If one were to say, ‘I am most concerned about the destruction of the environment’ or ‘ the threats of nuclear war are frightening me and life itself is at risk’, or any of a number of other statements reflecting an awareness of the perils that are in fact a part of our world, the next consideration following from that would be what you intended to do about it. If the answer that comes of this question is something on the order of , ‘nothing, I am helpless, the situation is too bad, there is no remedy’, than naturally no action will follow and all of the moods described above will infest within you as a consequence of your acquired passivity. If, on the other hand, you were to move in the direction of learning what others are doing- the great step in realizing that you are not alone in these concerns- a different experience entirely from one of isolation- you would find yourself immediately relieved of at least a good measure of your despair. To be freed from crippling emotional reactions is a precondition for letting meaning into one’s life, let alone the ‘bonus’ of joy. All of this is so much easier said than done. That is why it is best defined as a practice, the practice of engaging with wide-world problems mindfully.

A couple of years back, I attended a march to protest climate change in New York City. Clearly there were all sorts of answers being offered and different perspectives from many different groups. And clearly now, despite all that – a turn out of millions, which happened in



cities throughout the world at the same time- we are still stuck in the Earth-threatening morass of corporate greed and heedless destruction. But what comes clear on days like that is that through such actions, we can see who our friends are, the millions who, like ourselves, aspire to a world that is safe and whole. In such encounters, people learn, as if in a crash course, the other side of human nature. It stands forth as a living manifesto. It trains people to have the courage to act as citizens of the planet, even when we are being told to leave it in the hands of Wall Street and their political instruments. We can see that we are not alone, that we can collectively be a mighty force. In that realization, the force that is each one of us has weight; whereas the be ‘only one’ against the inimical forces of daily disaster is to be ‘weightless’, detached and adrift.

There are of course other dimensions to the construction of the moods that we associate with trauma. We often need look no further than our own life conditions, wrestling with problems of family, neighborhood, money, illness, employment, and more. Threading through all of these, however, is the imperative of acting as if everything counts, the way one confers meaning on one’s life. In doing so, the worlds we inhabit acquire a kind of iridescence that affirms that we are here and a difference has been made because of it. This is always possible.

Edmund Smith is a practicing psychotherapist, musician, and co-founder of the Think and Do Philosophy Club.



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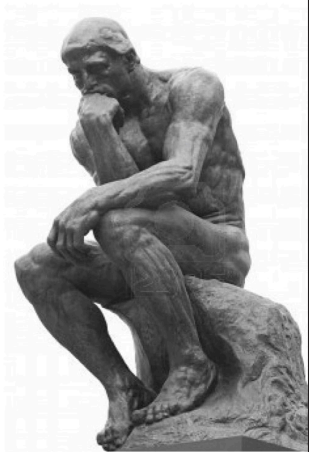
The Think and Do Club Wants You

Submitted by Edmund Smith

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

What kind of things do we talk about?

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




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


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

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

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



**March 3
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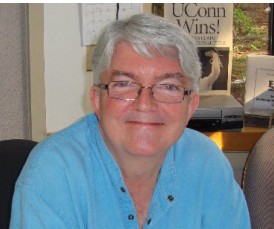


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feedthepig.org

Resources for Human Connection and Action

By John Murphy

After a break for the last two issues it is great to be back with you! I hope our winter has been treating you well and that the new year is off to a good start for you and your family.



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:

- Is There Room for Mansfield in UConn Nation? Growth vs Accountability/Part 4 in a Series.
- Profiles of Local Community Radio Programs at WECS-FM at Eastern—Music, Culture, Connection.
- Windham Arts Radio Review on WILI Radio—in Support of the Arts in Northeast Connecticut

First, I want to send a shout out and thank you to everyone involved for making the new concert bandshell in Jillson Square Willimantic a reality. It will improve the quality of life and economic health in our area and put Willi on the cultural map in a way that we have not experienced since Shaboo was alive and making its musical magic decades ago.

I was very happy when the Town Council approved naming the facility The Shaboo Stage—an appropriate and smart way to honor David Foster and his family, and Bruce John, and everyone that was lucky enough to be a part of that history. The planning and development process is now at the bid stage, with bids received and under review. There will be challenges and curve balls along the way to completing this project, as there are with any undertaking of this scale, but good faith and patience will keep this on track to success—and I can’t wait to be there when they cut the ribbon to open the next chapter in our history. Bright moments!

Part 4 in a series—Is There Room for Mansfield in UConn Nation?

A Media Exploration and Forum

I am part of a team that is using local media to explore the quality of the relationship between the people of Mansfield, its local government and the University of Connecticut. As the famous song goes, “...there is trouble in River City....”

This unique content—live and recorded—is shared across local media platforms to maximize audience. Audio from the On the Homefront TV programs on Charter Cable Channel 192 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).

Response to our second season of programs has been strong and encouraging. Just last week I recorded another 30-minute TV program and it will be posted online at the Charter Public Access TV website www.ctv192.com. Our previous 15-minute program with local residents Charlie Vidich and Richard Sherman can be viewed anytime online at: <https://communityaccesstv.viebit.com/vod/?v=M48ph8eaCbbs&s=false>

This multi-media series is drilling down 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. Unless you live in town or know people who do you may not know much about this longstanding issue. 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.

The three primary areas of UConn expansion and development that have triggered local resident concern are land use, water use and housing. The current challenges being faced by town residents are not new. A review of the history shows many cycles of success and stress going back for decades to the early 1900’s.

The purpose and role of the Mansfield Town Council in this relationship is also being reviewed. There are successes and failures to explore and understanding them will help people move into the future with eyes more open and aware of the long history at play. Over many years many people on the Council have had direct ties to UConn—either as employees, former employees, or as family members of employees. We do not mean to criticize or indulge in hyperbole about individuals past or present—at all—that would be counterproductive and damaging to the spirit and intention of this effort. But it is appropriate and smart to accept the human reality that people who govern and control are influenced by their personal relationships with people they work for or know closely. This is a challenge that all public officials face when they try to do their best.

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 need a safe, accessible and open space for sharing information and opinions with a common spirit of working together to make life better for everyone.

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 below—they are loaded with good information 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.

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.

A helpful tip for reading—I know typing links can be a bother, but these are worth it. You can also read *Neighbors* online in color where these web links are active, and you can just click and read.

“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.

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

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

“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>

Profiles of Local Community Radio at WECS FM at Eastern

WECS 90.1 FM and www.wecsfm.com

WECS is a unique noncommercial radio station and NPR-affiliate at Eastern Connecticut State University, with students and area residents working together to provide specialized and locally focused music and culture programs and coverage of special events on campus and in our region.

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



Eric Shaw AKA So Focused—a first person introduction

So Focused is an Eastern Connecticut State University Radio Personality. So Focused was born and raised in Brooklyn New York. He moved to Connecticut at age 14 and then he graduated from New London High School. A few years after high school he joined the United States Army Reserve. He would eventually be deployed to Iraq. Once he returned he was uncertain about what he wanted.

So Focused always had a passion for writing so he decided to go back to school. So Focused realized he wanted to get involved with Executive Production. While going to school and majoring in Communications he ended up being a Radio Personality at the school. Since then he has built a strong fan base by interviewing Connecticut music artists, models and entrepreneurs.

So Focused is the first College Radio Personality to travel out of state to conduct interviews and bring them to WECS and the campus. So Focused has interviewed radio station personalities and DJ’s at Hot 93.7. He also interviewed personalities hired by Executive Producer and Hip Hop Icon 50 Cent, and A&R Rel Carter at Roc-Nation. His brand continues to grow in Connecticut. He is the number one sought after College Radio Personality. There is no question So Focused is the future of Radio and Executive Production.

Mark E. Ramone, Host/Producer of “Something Different” Saturdays 3—5 PM



I started at WECS in August 1990 and played mostly “undiscovered alternative” music with bits of comedy and useless information thrown in. I would invite musicians, politicians and other people of interest on the show. Regular listeners, friends and fellow DJs would pop in, adding to the conversation and entertainment value of the show. In 1998 I decided to hang up my headphones to spend more time with my family (I was putting in a lot of prep time for the show). I came back a few summers since then and returned in 2010 to pick up from where I left off.

Music has always been a passion for me. It surrounds me while i work, when commuting, doing household chores, and of course, while I’m unwinding on a night-on-the-town discovering new bands at the clubs. Certain songs seem to mimic what I experience as well as influence my actions. Just as memories and social media posts serve as the transcript to my biography, the songs important to me contribute to my life soundtrack.

The current show continues to provide the community with music they have not heard through commercial channels. I seek out individuals who lack experience performing in public, local artists struggling to support their dream, and national acts that are making a living at it. I get excited each spring when the performers of the SWAN Day CT (Support Women Artists Now) event descend upon the studio and perform live. The show provides an opportunity to listen on occasion, to try something new, refreshing....dare I say it, Something Different.

Jim Turner, Host/Producer of “The Sugar Shack” on Fridays 9—11 AM

The Sugar Shack is a weekly radio program on WECS 90.1 FM Willimantic. It features a little of everything, a lot of roots-pop-soul-blues-country-rock’n’roll-punk-garage-reggae-folk-funk. It’s Genre-agnostic/World Boogie/Cosmic American Jukebox music.

The show is essentially the same as it ever was though I'm always trying to open it up and include more - funk and jazz especially, but also music from Latin America, Africa, Europe and India. I despise the term "World Music" for its western-centric bias but I suppose it is the searchable category where you'd find more and more of what I play these days. Also, the more you do this the more you want to do conversations and performances with people from the community and I'm interested in pursuing that and highlighting some of the cool things going on in Windham.

In his previous life, he worked in the music business (booking & tour managing) in NYC and LA. He lived in Virginia for twenty years where he worked briefly in commercial radio; produced, directed and acted in plays, mostly at a theater company he co-founded in downtown Norfolk; acted in television (*Homicide: Life on the Street*, *America's Most Wanted* and others); and taught English and theater at the community college level. Jim plays drums and guitar and sings with several area bands - the Hillbilly Graham Crackers, the Arties and the Hollowbodies. He lives in Windham Center with his wife, Dede. They have two college-age children. Plus, a dog and two cats.

I work part-time at Windham Arts in Willimantic and one of the things I do is produce a live weekly radio program on WILI Radio about the arts and culture in our region. It's a magazine format with 2-3 guests each week and the mix includes arts organizations, individual artists, venues, presenters, museums, schools and "all things arts." Everyone involved in any way with the arts is welcome to join me in the studio!

If you would like airtime or if you have news to share just contact me by email: john@windhamarts.org.

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!

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

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

So that's it for this issue. Thanks for reading and best wishes, see you next month!

February 14, Wednesday
Hiking: Senior Walk, 10:00a.m. - 12:30p.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
Live Music: Talent Showcase, 7:00p.m. Free & open to all ages. The Packing House, 156 River Road, Willington. Call in advance to sign up: 518-791-9474 or sign in at the door. Info: www.thepackinghouse.us
Skill Share: Djembe Drumming Lessons (See 2/7)

Singing: Sing! Folk Sing-Along, 7:00p.m. Vanilla Bean, 450 Deerfield Rd, Pomfret.

Astronomy: Come Walk Among the Stars, 7:00 - 9:00p.m.

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: Tips & Tools for Organic Management of Vegetable Insect Pests, 1:00p.m. - 2:00p.m. Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Register: 860-455-9534 jasper.sha@ct.gov

Live Music: Lisa Martin (Folk/Indie), 7:00p.m. Tickets \$12.00 online / \$15.00 door. Part of the EC-CHAP Acoustic Artist Series. The Packing House at The Mill Works, 156 River Road, Willington, CT 06279. Snacks and soft drinks available. "BYOB&F"™ (Wine & Beer Only - I.D. Required). Info and table reservations call: 518-791-9474. www.thepackinghouse.us

Skill Share: The Apiary Series: Continuing Your Hive, 1:00p.m. - 2:30p.m. Second class in a series on beekeeping, Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Register: 860-455-9534 jasper.sha@ct.gov

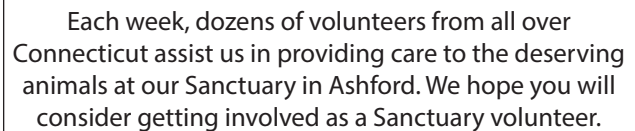
Meditation: Willimantic Mindfulness Sangha Meditation, 7:00p.m. - 8:30p.m. (See 2/4)

February 20, Tuesday

Book Club: "Listening to Nature", by Joseph Cornell, 2:00p.m. - 3:00p.m. Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Register: 860-455-9534 jasper.sha@ct.gov

February 21, Wednesday

Hiking: Snowshoe Hike at Goodwin Forest, 1:00p.m. -



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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



The Month Without a Full Moon and Other Celestial (Luna)cies

By Bob Grindle

When my job at Windham Hospital was eliminated a few years back it was the end of March and the outside environment was pretty blustery. I was completely unprepared to be unemployed. If I’d been a younger man—in my earlier life—without the same commitments and responsibilities, I might have jumped on my trusty bicycle and headed out for an adventure, Bilbo Baggins’ style...without the dragons, of course. My mind drifts to such thoughts because right now it’s pretty blustery outside. As I sit here writing this it seems we’re all in for a bit of an adventure, ‘bomb-cyclone’ style. (Come on now, have we become so disconnected from our lives that even a good ole nor’easter has to be renamed to jazz it up? Bomb-cyclone actually sounds a little scary. Maybe that’s the point.)

Oh well, on to thinking about the night skies of late January, February and early March. There’s quite a bit to look at and a couple of rather unusual events that happen only every couple of decades. January has, or will have had by the time you read this, two full moons...on the 1st and 31st; both so-called Super-Moons. March also has two full moons...again on the 1st and 31st. Poor February, as a consequence, has no Full Moon and just sort of gets caught in the cross-fire. Since the average time between full Moons is 29½ days, February with only 28 days, except leap-years, is bound to get left out on occasion...do the math. It turns out that this same thing happens every 19 years, on average.

Native American cultures, as well as many traditional societies followed the lunar cycles to keep track of time so there was no such calendar blank spot. Every moon cycle had a name, usually linked to an ecological occurrence and that was enough for time keeping. Not so in the western Hemisphere where we use the Gregorian calendar that was intended to synchronize the months with the Sun and the change of seasons, instead of the cycles of the Moon. We are probably all familiar with Cold Moons and Wolf Moons and Snow Moons and Buck Moons and Harvest Moons, but the *Mi’kmaq nation* of Canada’s Nova Scotia province has the delightful “Rivers About to Freeze” and “Frog Croaking Time” Moons.

Created in a fiery collision more than 4.5 billion years ago, the Moon has inspired us, comforted us, fired our imaginations, lighted our nights and mystified us for as long as human kind has walked the Earth. In ancient times full moons were associated with odd or insane behavior, including sleepwalking, suicide, illegal activity, fits of violence and, of course, transforming into werewolves. Indeed, the words “lunacy” and “lunatic” come from the Roman goddess of the moon, Luna, who was said to ride her silver chariot across the dark sky each night. For thousands of years, doctors and mental health professionals believed in a strong connection between *mania* and the moon. Hippocrates, considered the father of modern medicine, wrote in the fifth century B.C. that “one who is seized with

terror, fright and madness during the night is being visited by the goddess of the moon.” In 18th-century England, people on trial for murder could campaign for a lighter sentence on grounds of lunacy if the crime occurred under a full moon. Meanwhile, psychiatric patients at London’s Bethlehem Hospital were shackled and flogged as a preventive measure during certain lunar phases. Even today, despite studies discrediting the hypothesis, some people think full moons make everyone a little loony (luny?). It would be hard to convince many staff members in hospital emergency rooms that there isn’t a connection between the full moon and crazy behavior.



One of my favorite moon-tales, apparently circulated as a rumor after World War II, was the “crazy” idea that German astronauts had traveled to the moon and established a top-secret facility there. Some people even speculated that Adolf Hitler faked his own death, fled the planet and lived out the rest of his days in an underground lunar hideout. Connections were also drawn between flying saucer sightings—including the famous incident near Roswell, New Mexico, in 1947—and the Nazis’ alleged UFO development program. These theories, at least in part, formed the basis of the science fiction novel “Rocket Ship Galileo,” about a trio of high school students who manage to blast off for the Moon in a rocket ship of their design. It was published by Robert A. Heinlein, my absolute favorite science fiction writer, in 1947.

Despite overwhelming evidence to the contrary, some people believe that the Apollo moon landings were faked by NASA, which used doctored photos, staged videos and other ploys to dupe the public. Proponents of these hoax claims argue that technology was not advanced enough for astronauts to reach the moon and return home safely; they also point to ostensible signs of studio trickery, including the fact that the American flag planted by the Apollo 11 crew in the lunar surface appeared to flutter in the vacuum of space. In 2002, retired astronaut Buzz Aldrin, who became the second person to walk on the moon in 1969, grew so exasperated with one conspiracy theorist’s

accusations that he punched him in the face. The septuagenarian space pioneer was not prosecuted. Seems odd to me that after all these years there are still so many outrageous ideas still floating about. Somehow, at the age of twelve, I thought the future held promise. I still do, though the challenges are perplexing. Perhaps it’s a sign of the times.

Looking up at the not-so-fake Cosmos is exhilarating though, and I may have wandered off a bit from the upcoming events in the skies of February. Early in the month of February, looking South just before sunrise about 6 am...maybe you’re warming the car before heading to work or walking the kids down to the bus stop...the waning Moon will be just above Jupiter on the 7th, above Mars on the 8th, and very near Mars on the 9th. Antares, the brightest star in the constellation Scorpius is just below Mars between the 9th and the 16th and it’s worth comparing the two reddish cosmic travelers—one a red supergiant star that would fill up our solar system out to about Jupiter, and the other our very near neighbor planet and the object of so much fanciful speculation about life and water and little green men. It’s worth taking a look at the two because the name Antares means, in Greek, rival of Mars, but there was also, in Babylonian times, an Arab warrior (a kind of early super-hero) Antar, and Mesopotamian astronomers might very well have named the red star after this storied hero of early Arabian poetry.

By the 11th of February, a thin crescent of Moon passes almost near enough to Saturn to appear to touch it, and at the end of February some of you might disagree that February has no full Moon. By the 28th, it would take a scientific measurement to prove that the Moon is not full, but mathematically it’s not. That doesn’t change the fact that by 7 pm on the 28th, when a nearly full Moon is rising in the East, the Moon and Regulus, a blue-white star whose name in Arabic means “the heart of the lion”, will appear to nearly touch. And that should carry us to March.

The smell of wood smoke, an aroma that carries with it a hint of warmth, and the thought of caring Valentine phrases and sweet treat memories of childhood also help to get through the rather tough month of February. Here’s hoping that you stay warm and interested for the rest of our New England winter and hold on to the knowledge that the end of February brings with it the advent of Spring in March. Although Spring can be a chilly, wet and muddy season, it brings with it the smells and sounds and colors of the Earth in renewal. I am reminded of Carl Sagan’s first episode of “Cosmos” when he reflected that “...perhaps some part of our being knows where we came from...” As we plan for our gardens and projects and travels in the coming year please remember to stop and look up, if only for a few minutes each day. It’s part of our world.

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

Prewitt Findings #2:

Math Lesson

By P.K. Willey

We live in amazing times of great potential if we can work together. In remarks to the American Enterprise Institute on Jan. 16, 2018, US Secretary of Education, Betsy DeVos spoke of removing Federal mandates over many aspects of public schooling. Gone will be the Common Core Curriculum mandate. DeVos asks the nation to question the value and requirements of age-segregated classes, concepts of what classrooms should be and look like. Education designed to suit the needs of industry, stressing conformity in behavior, has been recognized as failing our children. DeVos emphasizes creativity and localism with strong parent/teacher interactions. How this will eventually look at state levels, which possesses innumerable supports for an industrial model of ‘one-size fits all’ education, remains to be seen. Parents and teachers must now necessarily work more in tandem for the best outcomes of the child, rather than leaving the



An early photo of the Hazel Green main building, during Virginia’s time it became the Girls Dorm. Contributed photo.

education of their child to a ‘big brother State’. DeVos stressed in her talk that we must “move past a mindset of compliance and embrace individual empowerment.” For the generations who have suffered through the questionable use of their irreplaceable youth, whose educational interest was dulled, hope is at hand for our children.

In 1935, Virginnia Alexandria Stewart, later Charlie Prewitt’s wife worked in multiple capacities at Hazel Green

Academy HGA, Wolff County, KY. HGA had become part of the Stovall Settlement Schools, a Christian movement of 200 schools spread throughout the Appalachias, founded to bring the isolated social culture of the region up-to-date in national progress in realms of science and modern thinking.

The Schools worked with the communities they were situated in, creating atmospheres of interdependence and service in addition to a firm academic foundation for college attendance.

Students at Hazel Green grew food for school and village, fostered agricultural methods, had a second-hand store, the children produced innumerable theatre, musical events, there were classes on all aspects of food preparation and preservation, construction, repairs, industrial

arts, home management, and necessary skills, accounting; it was a hands-on, think and do school, and the graduates were literate, well versed, prepared for their next steps in life.

Teachers shared resources, created lessons, books were scant. It was up to them to direct their eager students. In an old notebook, Virginia’s handwritten lessons for teaching a math class for 3rd and 4th graders remain. Here was a game she employed to encourage mental arithmetic, called ‘Catch and Say!’

“Have children form a circle with one child in the center. The child in the center repeats this rhyme and as he does so, passes the bag or ball to someone in the circle:

‘Catch! Catch! Catch and say, No. 9 in another way!’

That person must toss the ball back to the leader, saying 6 + 3, or 7+2, or 8+1, or 4+5, and then they change places. If one makes a mistake he takes his seat.”

Wholesome competition, developing the latent powers of the mind.

A Visit to Devil’s Hopyard State Park



1.22.18 Karen and I spent a few hours doing some light hiking at this beautiful state park in East Haddam. The Eightmile River cascades over the Chapman Falls and winds its way through gorgeous woodlands. We'll come back in early spring. Photos by a couple amateurs. T. King



2:00p.m. Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Register: 860-455-9534 jasper.sha@ct.gov
Skill Share: Djembe Drumming Lessons(See 2/7)

February 22, Thursday
Puppetry: Exhibit opening: American Puppet Modernism: The Early 20th Century, 6:00p.m. Ballard Institute & Museum of Puppetry, 1 Royce Circle, Suite 101B, Storrs. Info:860-486-8580 bimp.uconn.edu

February 23, Friday
Nature: The Art of the Sit Spot, 4:00p.m. - 5:30p.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

February 24, Saturday
Nature: A Season at the Grand Canyon, 10:00a.m. - 12:00p.m. George Jacobi reads essays and stories from "Inspiration Point".
Nature: Black Bears in Connecticut, 1:00p.m. - 2:00p.m. Learn about black bears in Connecticut. 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
Puppetry: Plastic, by Puzzle Theatre, 11:00a.m. & 2:00p.m. Ages 5+. Ballard Institute & Museum of Puppetry, Ballard Institute Theater, 1 Royce Circle, Suite 101B, Storrs. Tickets: 860-486-8580 or bimp.ticketleap.com
Film & Community Food: Soup 'N Silents, 5:00p.m. dinner, 7:00p.m. film. \$10-15. Tickets: 860-455-9677 orhcc06247@gmail.com
Singing: How Sweet It Is: Singalong Concert with Annie Patterson & friends,7:00p.m. \$15-25. Storrs Friends Meetinghouse, 57 Hunting Lodge Rd, Storrs. Info: 860-742-6511 riseupandsing.org

February 25, Sunday
Meditation: Willimantic Mindfulness Sangha Meditation, 7:00p.m. - 8:30p.m. (See 2/4)

February 28, Wednesday
Skill Share: Djembe Drumming Lessons (See 2/7)

How to Beat the Cold and Flu Season

By Fran Storch N.D.

What’s a cold? What’s a flu? There are a number of different viruses that enjoy making a home in the human respiratory tract. They can cause a variety of symptoms based on the virus and your sensitivity. You might have a rhinovirus, adenovirus, parainfluenza, or influenza virus. These can all cause similar symptoms except that the influenza viruses tend to be more serious and last longer.

What symptoms do you get? Sore throat, swollen tonsils and glands, runny nose, watery eyes, mild fever, headache, fatigue, “malaise” (that lethargic, apathetic feeling you get when you’re sick), loss of appetite, and muscle and joint aches are all possible. With influenza you may also get nausea, vomiting and diarrhea. These viruses can also infect the middle ear. You tend to be sick longer with the influenza virus. Remember, viruses can’t be killed by antibiotics, so it’s best to hold off taking them unless it’s clear you have a bacterial infection.

One way to deal with these viruses is to prevent them in the first place. If you are at a high risk of contracting influenza (you work with children, the elderly, or in health care) or you are likely to be extremely adversely affected by influenza, such as in immunocompromise, you may want to consider getting an influenza vaccination. As a naturopathic doctor, this is not my favorite thing, but it’s necessary for some people.

There are lot of natural ways to treat colds and flu. There’s homeopathic Influenzinum 30C for the first three days of the high risk months. Get plenty of rest, exercise, and eat a diet high in whole, unprocessed foods. Make sure you’re happy with what you’re doing in your life. Any stress will add to the likelihood of getting ill. Preventatively you can take ACES (mixed carotenoids, vitamins C and E, selenium) and zinc. Here’s what to do if you do get sick:

NUTRITION – To prevent or treat colds and flu, avoid red CATS milk. But, you say, I have NEVER drunk the milk of a red cat! It’s a mnemonic. Avoid red meat, caffeine, alcohol, tobacco, refined sugar, and milk (dairy products). Red meat is heavy and hard to digest, especially when you’re ill. Caffeine causes the adrenals to function less smoothly, so they don’t support immunity as well. Alcohol is taxing to the liver and suppresses the function of white blood cells. Tobacco is irritating to the respiratory tract. Any refined sugar slows down the functioning of

white blood cells. Eat these in moderation in general, and avoid if you’re actually sick. Dairy products can stimulate mucus formation in most people, so is best avoided when you’re ill. If you have no appetite, DON’T EAT. Your body needs its energy to fight the illness; food is distracting! Drink plenty of water and herb tea, preferably NOT juice because of the sugar. If you have some appetite, stick with light vegetable broths and juices. Miso soup is a great idea – simply add the paste to taste to your vegetable broth.

As to supplements, sucking on zinc lozenges at the first sign of a cold can be helpful. Mixed carotenoids at 100,000 IU/day; vitamin C to bowel tolerance (500 mg, increase by 500 mg/day until you have loose stools, then back off 500 mg/day until you don’t). Vitamin E 400-800IU/day, selenium 200 mcg/day, zinc 50 mg/day. You can also take 6g of bioflavonoids (4g for kids).

HOMEOPATHY – Best to consult your local naturopathic doctor if you are unfamiliar with homeopathy. Oscillococcinum can be helpful at the first sign of a cold. In addition, other remedies such as Gelsemium for the 4 D’s (drowsy, droopy, dreary, and dull), Belladonna for symptoms that come on with redness, drama and delirium, and even this year’s homeopathic Influenzinum made from this year’s flu can help!

HERBS – There are lots. I’ll tell you about a few.

Echinacea – Everybody’s favorite. Use it early on. Echinacea doesn’t do so much to actually kill viruses, but moves lymph through their vessels and stimulates white blood cells to do their work. You can take capsules of the herb or the extract, but I like fluid extracts and teas best. They can be gargled directly at the site where the viruses live.
Goldenseal – Often found in combination with echinacea. This stuff will kill almost anything, and tastes like it too. Kills bacteria, viruses and fungi, and moves bile through the liver for detoxification.
Ginger tea – Warming, antimicrobial, and great for upset stomachs. Makes you sweat it out.
Yarrow – the tea is also good for sweating; similar action to ginger, also grows in NS.
Garlic and onions: Great antimicrobials. If you can, eat them raw, or in soup with ginger.
Elderberry-recent studies show that this herb can prevent colds and shorten duration of the flu.

HYDROTHERAPY – Very important, and very simple. Simplest is to drink all the water and herb tea you can stand. This will help to thin secretions and flush toxins.
Wet sock treatment – Thin cold damp cotton socks on warm feet, cover with warm wool socks, to bed bundled up. This draws circulation down away from the head.
Throat compress – Thin damp cold cloth around warm neck, cover with warm wool scarf. As the cloth warms up soak it again in cold water and repeat. The alternation of hot and cold will flush circulation through the area.
Hot bath – A very hot bath, enough to raise body temperature to 39C (102F) can be helpful; increases the activity of white blood cells. Drink ginger or yarrow tea to help with sweating.
Hot fomentation – Especially for colds in the chest, bronchitis, pneumonia. Heat to feet and back (baths, packs). Alternate hot wet towels to the chest with cold mitten friction; alternate 3x, with cold mitten at the end to the whole body.
Nasal and throat lavage – A pinch of salt in a glass of warm water, sniff from your hand or gargle to add moisture and remove secretions.
Steam inhalation – Mint, eucalyptus, lavender, chamomile, and rosemary are all good choices for essential oils to add dropwise to a pot of steaming hot water; inhale with a towel over your head.

Other therapies

Chinese medicine can be helpful. Acupuncture will help to correct imbalances in terms of Chinese diagnosis.

Physical medicine – Your chiropractor can adjust your spine; that balance can help your illness!
Rest is essential. If you don’t take time to rest you will be sick longer. Rest gives you a chance to focus on what your body needs and your body to focus on its healing work. All of the things we use in naturopathic medicine are designed to help your body do its own healing. Especially if you have a fever it’s best to avoid aerobic exercise as it can dangerously increase the core body temperature.

Take time off and be good to yourself!

Listen to Radio Naturopath every Wednesday at 10:00 AM on 91.7 WHUS Storrs, or at whus.org! You can also listen to the podcast there, on Facebook at Fran Storch N.D., Naturopathic Physician, Radio Naturopath, at franstorchn.com, and on iTunes! Follow me on twitter and Instagram @franstorchn.

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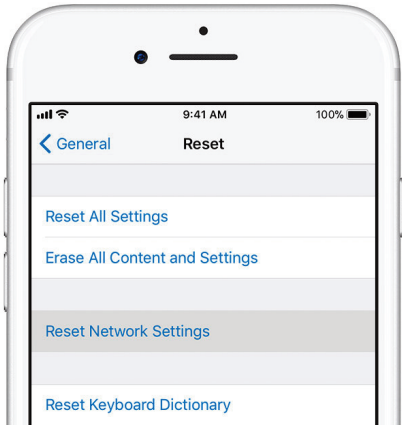
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•



Make sure that your router is on and you're within range. If you're too far from your router, you can't get a signal, so make sure that you're within range.

• Make sure that Wi-Fi is on and you can see your network. Tap Settings > Wi-Fi and make sure that Wi-Fi is on. Tap the name of your Wi-Fi network to join. A blue checkmark beside a network name means that you're connected.

If you see Auto Join Disabled under your Wi-Fi network name, tap and turn on Auto-Join.

• If asked, enter the password for your Wi-Fi network. Get help if you don't know your password.

Even if you enter the correct password, you might see an "unable to join the network" message or an "incorrect password" message. Restart all of your devices, then try to enter your password again.

• Check for issues with your Wi-Fi network

If iOS detects an issue with your Wi-Fi connection, you might see a Wi-Fi recommendation under the name of the Wi-Fi network that you're connected to. For example, you might see the alert "No Internet Connection." To get more information, tap the Wi-Fi network.

• Check your cables and connections. If you still can't connect to your network or get online, make sure that your router is connected to the modem and turned on.

• Restart. Try restarting your iOS device, router, and cable or DSL modem. To restart your router or modem, unplug it, then plug it back in.

After you restart each device, see if you fixed the issue.

• Still can't connect? Reset your Network Settings. Tap Settings > General > Reset > Reset Network Settings. This also resets Wi-Fi networks and passwords, cellular settings, and VPN and APN settings that you've used before.

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Safari Tips Borrowed from Emily Dolloff

Most of us use the internet on daily basis. We might be browsing a favorite news source, googling the answer to a trivia question or perhaps reserving movie tickets to the latest blockbuster. We do all kinds of different things throughout the day, and in the course of this you might find some annoyances like pop up ads, videos suddenly playing or sudden notifications while using a site. Luckily, these annoyances can be reduced by using a handful of settings within Safari. You can customize much of your browsing experience and adjust many preferences to suit your individual needs.

To make the most out of Safari's site-specific settings you will want to customize your frequently visited sites. First, load a site whose settings you'd like to customize. Then, choose Safari > Preferences and click Websites in the toolbar. You will see a list of general settings in the sidebar at the left, followed by any plug-ins you've installed. For each setting or plug-in, you can set what happens when you visit the site you just loaded—or, if you have a bunch of sites open in different tabs, you can customize the behavior for any open site. Here are some of your options.

Content Blockers

One way of seeing fewer Web ads is to install a Safari content blocker. Choose Safari > Safari Extensions to open Safari's Extension Gallery, and then scroll down slightly to find the page's Search field, where you can search for a blocker. There are lots—look for one like Ad and Stuff-Blocker that supports Safari's content blocking API. Once you've installed one, select Content Blockers in the Websites preferences. By default, Safari blocks ads on all sites, so choose Off from the pop-up menus for sites whose ad content you want to see.

Auto-Play

Little is more annoying than sites that play a video when a page loads, distracting you from the text you want to read. Even worse are those sites—Macworld, we're looking at you—that auto-play videos that aren't even related to the page. Safari squelches auto-playing videos by default, but for sites like YouTube, you might want to allow videos to play. You can also choose to stop only videos that have sound.

Location

Most Web sites that ask for your location want to determine how close you are to particular stores. If that's information you're interested in sharing, let them see where you are, by all means. And if you're using a mapping service that wants your location, it's entirely reasonable to set its pop-up menu to Allow. But if a site keeps asking and it feels creepy, set it to Deny.

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

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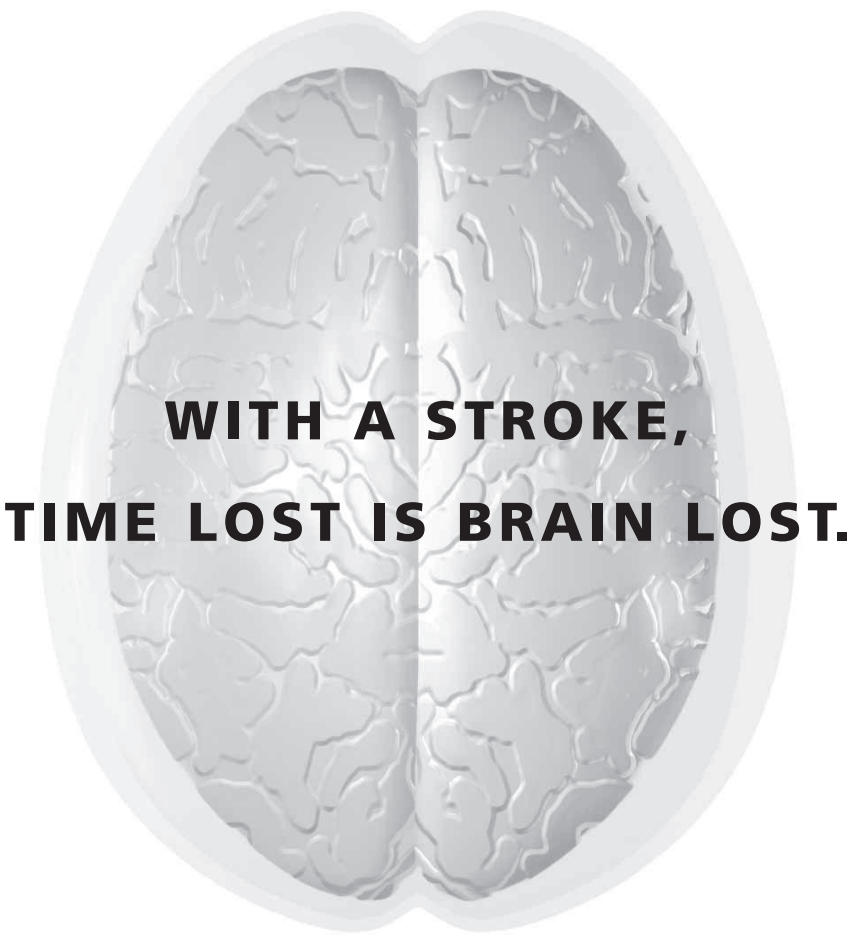
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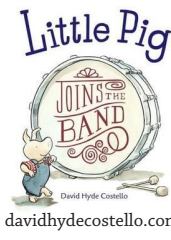
American Stroke
Association
A Division of American Heart Association

SAVE THE DATE!!!

March 24, 2018

2 Special Events Under 1 Roof

Babcock Library • 11:00 a.m.



Family Library Event
Sponsored by the Ashford Business Association and Friends of the Babcock Library

Author/Illustrator David Hyde Costello will present an interactive musical read-aloud. A book signing will follow.

Books will be available for purchase at the event.



Knowlton Hall • 10:00-2:30
HOME SHOW & BUSINESS EXPO



Meet and support some of the 400 local Ashford, Eastford & Willington Businesses including... Contractor and Carpentry Services, Printing Services, Small Engine Repair Services, Real Estate Services, Artist & Artisans, Banking, Greenhouse Plants, Website Development, Lego Things, Transmission Service and many, many, more.

FREE Admission • Door Prizes

Please bring a non-perishable food item for the Ashford food bank



March 24, 2018



Complete the day with another great event!!!
Town Office Building (Lower Level) • 1:00-1:30 p.m.
COMPOSTER SALE & SEMINAR

Learn the best methods for composting from a Master Composter from UCONN. A 65 gallon composter will be available for purchase on that date for delivery on a later date. The cost is only \$50.00. Bring a check made payable to the TOWN OF ASHFORD. Any questions, please call Carl Pfalzgraf at 860-429-0144. This offer is available to residents in Ashford, Eastford & Willington.



- Redmon stationary bin composter breaks down your kitchen food scraps and yard waste into a rich, earthy-friendly fertilizer.
- Heavy-duty polypropylene with a 65 -gal. capacity retains heat and moisture, so you compost more efficiently.
- Breather holes help speed up the composting process and 4 access doors help you retrieve composted material.
- Convenient snap-on lid prevents curious animals from sneaking inside.

This event is sponsored by the Agriculture Commission, The Conservation Commission and the Ashford Business Association

50 YEARS MARRIED

Judy & Paul will have been married for 50 years on January 27, 2018

LEBANON TEACHER, MRS. JUDY INGRAM-JAHODA AND FAMILY



JUDY & PAUL'S WEDDING IN THE LEBANON CONGREGATIONAL CHURCH JANUARY 27, 1968

Paul has been calling Judy now, for 50 years “**Ms. Planet Earth**,” as he believes Judy to be the most beautiful, most honest, loyal, faithful and best mother on this planet.

Mrs. Judy Ingram has a long history with the Lebanon Schools:

- 1.) Judy's father, **Dr. William Jahoda**, was a professor (E.S.C.U.) of many Lebanon teachers
- 2.) Judy's mother, **Margie Jahoda**, used to teach at the Lebanon Elementary School.
- 3.) Judy, herself, was a student and is a teacher at the Lebanon Schools.
- 4.) Judy's siblings, **John, Janet, and Jim Jahoda**, graduated from Lebanon Schools.

In 2018, *Judy, at the age of 70 years*, will likely stop teaching, ending this long, good and very satisfying relationship with the Lebanon Schools

The last 6 years have been extremely difficult for us, since I had to be in St. Maarten for my work as a Managing Director of a Hotel and Judy, in Lebanon, for her work as a teacher.

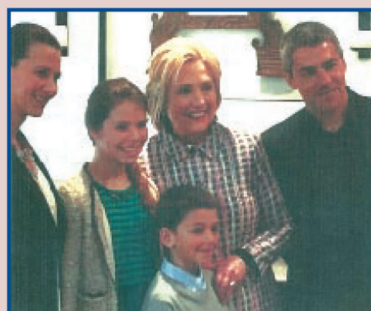
Hurricane Irma, on September 6, 2017, damaged the hotel to the extent that it had to be closed, after some 30 years of operation.

Judy has always greatly enjoyed her colleagues at the Lebanon Schools and in combination with our integrity and loyalty for each other, makes these difficult times possible for us to endure.

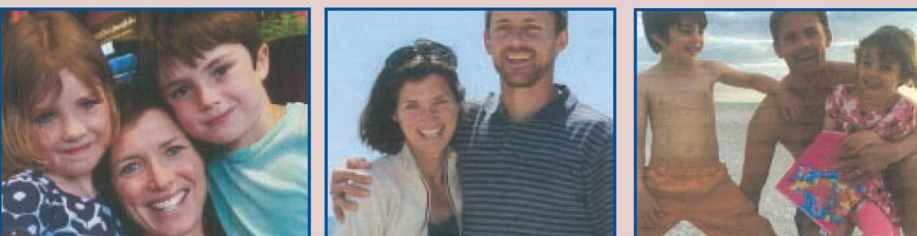
I personally am very thankful for the kind relationships of the Lebanon people with my wife, Judy.



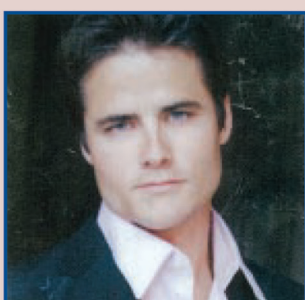
JUDY 1969 & PAUL 1967 GRADUATION FROM UCONN WITH BOTH PARENTS IN PICTURE



OUR OLDEST SON, **PAULUS**, WITH HIS FAMILY AND HILLERY



OUR MIDDLE SON, **PETER** AND HIS FAMILY



OUR YOUNGEST SON, **HANS**.
NO CHILDREN, NOT MARRIED



Our Wonderful Wife, Mother,
and Grandmother.
Judith Ingram-Jahoda

THANK YOU FROM THE DEEPEST OF MY HEART

Paul Ingram