

# Neighbors

No. 157 Serving the inhabitants and environment of northeastern Connecticut and beyond



## March 24, 2018

### 2 Special Events Under 1 Roof

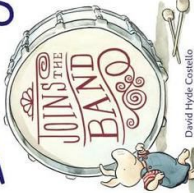
**Babcock Library • 11:00 a.m.**

*Little Pig*



**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.



davidhydecostello.com



***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.



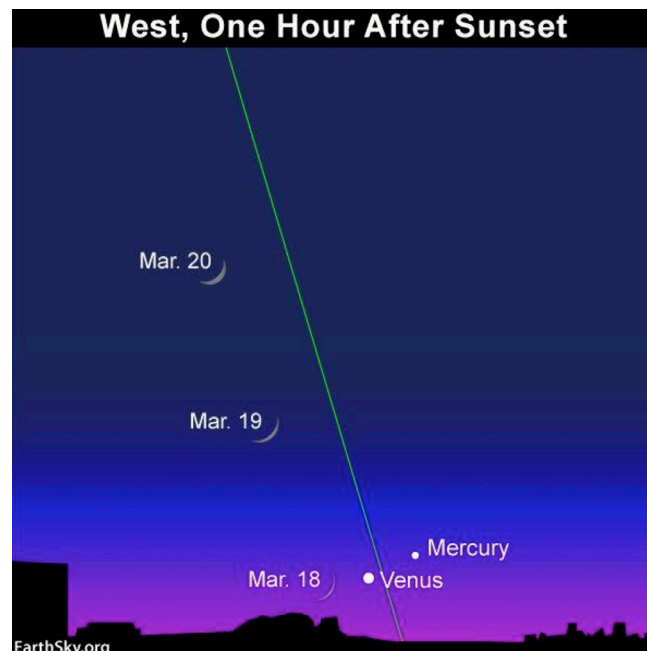
- Redmon stationary bin composter breaks down your kitchen food scraps and yard waste into a rich, earthy-friendly fertilizer.
- Heavy-duty polypropylene with a 65 -gal. capacity retains heat and moisture, so you compost more efficiently.
- Breather holes help speed up the composting process and 4 access 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



Cover photo: Early spring wildflowers, Bloodroot (*Sanguinaria canadensis*) by Stan Malcolm of Marlborough. Stan has taken thousands of photos along the Airline Trail in eastern Connecticut. See his work on his website: [performance-vision.com/airline](http://performance-vision.com/airline)

On Saturday, March 10th, an hour or so before sunrise (who gets up that early on Saturday?), about 5 a.m., the waning Moon will be about midway between Saturn on the right and Mars. Then, on Sunday—after we’ve all jumped the clocks ahead an hour—the even thinner waning Moon is midway between Saturn, on the right this time, and Jupiter. The reddish Mars is still there, a little higher to the right. By mid-March, the now waxing faint crescent



Here's hoping that you all enjoy this complicated month when bluster and Spring, and buds and mud, and birdsong and sap are all on the rise. I'm not sure who it was, though I seem to recall Wendell Berry, author of the "Agrarian Essays", suggesting that it is in the Spring that we should all turn to our neighbors, and not just our human neighbors, but to the water, Earth, air, plants, animals and sky and nod our head in acknowledgement of our shared vulnerability.

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

# THE PACKING HOUSE

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## ACOUSTIC ARTIST SERIES

INDIE / ROCK

**THE MUSIC & ART OF  
PATTI ROTHBERG**  
Saturday, Mar 3rd | 7:30pm

## JAZZ SERIES

**KEVIN HARRIS PROJECT**  
Saturday, Mar 10th | 7:30pm

## ACOUSTIC ARTIST SERIES

ROCK / BLUES / JAZZ

**AN EVENING WITH  
BOB MALONE**  
Friday, Mar 23rd | 7:30pm

## SOCIAL DANCE SERIES

BALLROOM, SWING, LATIN

**KELLY MADENJIAN**  
Thursday, Mar 8th | 7:00pm  
(2nd Thursday of the Month)

## ACOUSTIC ARTIST SERIES

FOLK / BLUEGRASS

**ERIC LEE**  
Friday, Mar 16th | 7:30pm

## JAZZ SERIES

**GREG ABATE QUARTET**  
Saturday, Mar 24th | 7:30pm

## EC-CHAP

Eastern Connecticut Center for  
History, Art, and Performance, Inc.

## RECURRING MONTHLY EVENTS

### "TALENT SHOWCASE"

Every 2nd Wednesday!

Mar 14th | 7:00pm

### "SOCIAL DANCE" w/KELLY MADENJIAN

Every 2nd Thursday!

Mar 8th | 7:00pm

### "DRUM CIRCLE" w/BOB BLOOM

Every 3rd Tuesday!

Mar 20th | 7:30pm

### "EC-CHAP INFORMATION EXCHANGE MEETINGS"

Mar 15th | 7:00pm

### "FRIDAY NIGHT FILM SERIES"

*'All Things Must Pass: The Rise & Fall  
of Tower Records'* (NR)

Mar 9th | 7:30pm

All proceeds go to support the  
"Eastern Connecticut Center for  
History, Art, and Performance"

## COMING UP IN APRIL!

4/07: LISA MARTIN (INDIE/FOLK)  
4/13: HORIZON BLUE (FOLK/BLUEGRASS)  
4/14: BRUNO RABERG "TRILOKA" (WORLD)  
4/15: "THE MEMORY PLAY" (A THEATER PRODUCTION)

4/21: KALA FARNHAM (INDIE/FOLK)  
4/28: BELLE OF THE FALL (INDIE)  
4/29: THIMBLE ISLAND SAX QUARTET (CLASSIC/JAZZ)

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Dear Readers-  
On Friday, February 9th, a tragic fire destroyed a barn on Warrentville Road (Rt. 89) in Mansfield. The owner of the barn is my dear friend, Janet Dauphin. She lost one of her beloved alpacas in the fire. Her other three alpacas are being housed on the property in portable shelters. A fund has been established to help with expenses. Donations can be made in person at Thompson's Store on Route 44 in Mansfield Depot or by phone at 860-429-9378. Please consider helping a wonderful neighbor. Thank you, Tom King

**CORRECTION:** In Loretta Wrobel's February article, 'Indecent Imbalance--Then Hope': half of the world's population is 3.7 billion people.

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The Purpose of Neighbors:

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

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# What’s Safety Worth?

By Loretta Wrobel

As I reel from the horrors of another school shooting, I reflect on safety. Why do we in America, one of the richest countries in the world, not feel safe? Obviously, with the upsurge of school shootings, our children are not safe. Why do we have such a high level of dissatisfaction with our lives? We have one of the highest suicide rates in the world. What is lacking or missing? What needs to change?

These are some of the questions I am asking as I plow through all the articles, opinions, essays, and updates about what happened at Marjory Stoneman Douglas High School in Parkland, Florida. More questions emanate from my rattled brain. How can this happen in my country and continue to occur? Where are we headed as a nation? What kind of world are we providing for the young people? When I listen to our teens saying they want to be home schooled because they are afraid of going to school, I shudder in the unimaginable reality of 2018. Can I actually register this truth that we cannot keep our children safe?

I begin a search to see what other countries are doing. I fear that my country is high on the list in regard to school shootings. We are at the top of the list, as this year the Florida school shooting is the sixth in 2018. Other countries have had school shootings in the past, namely Germany, and they have instituted practices resulting in a decrease in school violence. Practices such as government networks to monitor high-risk potential shooters, and large funding for school mental health workers and “trusted personnel” teachers who are trained to be available to students were instituted. In addition, Germany has psychological testing requirements for those under 25 who want to purchase a firearm.

In Switzerland there has never been a school shooting, even though they have one of the highest number of firearms per capita. The Swiss have extensive background checks which can take weeks to complete. They have mandatory conscription for males, who are then allowed to keep their assault weapons when they leave the military. The Swiss have an extensive list of individuals who are identified as possible shooters. These individuals are periodically checked by authorities and psychologists, and have to hand in their weapons if they have any, and are not legally allowed to purchase guns. The education system teaches children early to search for compromise rather than risking open conflict. This little country has strict societal norms regulating the use of weapons. Access to guns is heavily regulated. Due to mandatory health insurance, the Swiss schools have greater access to mental health professionals, thereby the focus is on prevention. Are you listening, legislators, second amendment rights advocates, NRA and other interested persons?

I am heartened by viewing other countries and their varied approaches to the issues of school violence. Maybe there are choices other than arming everyone and placing sentries outside every school in America. More guns may not be the answer to stop the outbreak of deadly violence in our schools.

I am impressed with the Swiss experience, where a large percentage of the population possess guns, but there are restrictions on who can purchase guns. It appears that the solution doesn’t have to mean no or less guns. I am struck by the strict societal norms about gun use and the focus on solving problems without resorting to violence/ conflict.

In America we have boxed ourselves into a corner. Rather than working together toward creative solutions to this major crisis in our country, we have developed a blame the other party approach. The Democrats accuse the Republicans, and the Republicans point at the Democrats. To me this issue, the safety of our children, is important enough to reach across the aisle and join forces to come up with some alternative methods.

Listen to the voices of students who attended high school in Parkland after the shootings. “Too early to talk about it! If you ask me, it’s way too late.” “Your silence is killing us.” “Enough!” “Love Your Kids Not Your Guns.” Teens who suffered through that tragedy are not letting the adults off the hook. They are using their rage, anger, fear and experience to stand up and protest this domestic terrorism. The students are asking the hard questions, and all of us need to seriously consider what they are saying. From my perspective, the students are being more mature, honest, real and courageous than our elected officials, who are accusing each other rather than sitting down and devising new approaches to halt the acceleration of school violence. Who are the adults here?



I have such admiration for these students who are being brave in the midst of the most horrible trauma of their lives, and demanding an end to violence. “This must stop,” they are shouting in DC. Our youth are opening the path for us, as they plan a March for Our Lives in the near future. I pray that legislators, governors, school officials, teachers, and parents pay attention. Our children are making more sense than many of our so-called leaders.

Our systems have failed our children. Our systems are most invested in making money. Why not focus on allocating money to develop programs, and training personnel to address guns, violence and the high rate of suicide amongst our youth? Why are addictive drugs so widespread among our teens?

The proliferation of violence affects all of us. We have failed to provide a safe environment for our young people. Judging by other countries’ experiences, there are solutions. It will involve a colossal shift in our mindset to prioritize the safety of our children above all else. What is it worth to us for our young people to feel secure leaving their houses each day to board the school bus? Don’t we want that for our kids? Aren’t we all in despair that we have not provided that security for the next generation? As our valiant young people implore us, “Let it stop here,” and “Do Something!” I concur, don’t you?



## Fractured Theater Series at WTG

Submitted by Robin Rice

The WindhamTheatre Guild presents the Fractured Theatre Series first production: Fat Pig by Neil Labute.

Cow.Slob.Pig. How many insults can you hear before you have to stand up and defend the woman you love? Tom faces just that question when he falls for Helen, a bright, funny, sexy young woman who happens to be plus-sized - and then some. Forced to explain his new relationship to his shallow (although shockingly funny) friends, he finally comes to terms with his own preconceptions of the importance of conventional good looks. Neil LaBute’s sharply drawn play not only critiques our slavish adherence to Hollywood ideals of beauty but also boldly questions our own ability to change what we dislike about ourselves. Fat Pig premiered off-Broadway in 2004. Hailed as a provocative comedy that makes you think, it received the Outer Critics Circle Award for Best New Comedy in 2005. Fat Pig represents what Fracture Theatre @ WTG hopes to provide: productions that may make you laugh, cry, shake your fists in anger, ponder and invoke conversations. Deemed as the “edgy little cousin” of the Windham Theatre Guild, Fractured Theatre shows are those productions that mat not quite fit a main Stage season, but provide a new outlet for more risqué, contemporary pieces for audiences, young and old.

Under the direction of Jim York, Fat Pig will be performed by newcomers to the Burton Leavitt stage...Justin Smith, Elizabeth Reynolds, Aaron L. Schwartz and WTG familiar favorite Meg Clifton. Performances are Friday and Saturday, March 2nd & 3rd at 7:30pm and Sunday, March 4th at 2:00pm at the Burton Leavitt Theatre, 779 Main Street, Willimantic. Tickets are \$19 for Adults, \$16 for students/seniors and \$12 for children under \$12. UConn/ECSU/QVCC students \$14 with ID. For reservations, call 860-423-2245 or visit windhamtheatreguild.org. Robin Rice/WTG Publicity

The Neighbors paper  
Black and white  
And read all over!



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# Shopping at Stop & Shop

By David Corsini

While Delia and I sometimes shop at the Willimantic Food Co-op and Big Y, the majority of our grocery shopping is done at Stop & Shop (S&S) in Willimantic. There are positives and negatives about shopping there and we are not devotees. The following comments and reflections are as much about the shopping experience as they are about the groceries themselves. For example, one of the positives about S&S is the parking. Compared with several other stores, the parking is ample and there are multiple entry and exit options. I have even learned an important life lesson in the parking lot. Several years ago I encountered a retired UCONN acquaintance, Sam Witryol , wandering around in the parking lot. I asked him what he was doing and he answered “looking for my car.” From that experience I learned that, particularly as one ages, it is helpful to park in the same general area every time one goes shopping.

Our grocery list seems quite modest compared with what I see in the grocery carts of many other shoppers. We have a list of staples what includes: bananas, Teddie- all natural smooth and salted peanut butter, Café El Aguila Espresso coffee, Hudson Mills Oat Bran cereal, Alvarado Street bread; and fat-free and 2% lactose-free milks. And then there is a list of treats for our pet parrots: snap peas, baby carrots, dried mango, sun-dried tomato, and salt free peanuts. Most of our regular items are usually, but not always, available when I shop. This is part of the “charm” of S&S. And I shop there because it is the only store that usually offers chunks of suet for feeding outside birds. When our cupboards are primarily in need of the basics and only a few other items, I do the shopping. When I shop alone, it does not take long because I know where the basics are located. When Delia is specific about additional items, I can usually find them too. But I cringe when her requests include items such as: “a good bread”, tissues, facial cleansers, Swifter-no-scent dusters, soy sauce without additives or other items where there maybe be hundreds of choices. When these are on the list, I give it my best shot and occasionally succeed. But when I don’t, another benefit of shopping at S&S comes into play. I have never been refused when returning an item, even when I do not have a receipt.

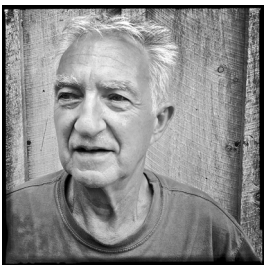
When Delia is planning several meals, we shop together. When entering the east entrance, we immediately come into the extensive and well maintained flower and plant section. Delia enjoys looking things over. After time spent admiring flowers and plants, we get onto the task at hand.

One of my complaints about S&S is the congestion and narrow passage ways in this entrance. It is not only the plants and flowers but the tables of fruits and special items and the basket offering free bananas for children. When a person with a carriage stops to look things over, entry into the store proper is blocked. On more than one occasion, I have thought of notifying the fire department to examine the safety of the entrance arrangement. But free bananas for children is a nice touch and would also be handy if you were shopping with your pet monkey.

This reminds me of another annoyance when shopping at the S&S. The aisles are frequently cluttered with racks of items that make it impossible for carriages going in different directions to pass. More than once I have entertained a fantasy in which I go berserk and charge around the store plowing into every rack that stands in the way of free passage. So, if some day you come into S&S and see things toppled in all the aisles, you will know that it has finally happened—David went berserk.

When we manage to have our fill of admiring the flowers and plants, we can then proceed into the fruits and vegetables. In the last few years this area of the store has expanded to include many organic and exotic fruits and vegetables. On a recent visit I was amazed by a jackfruit bigger than a watermelon, several kinds of papayas, persimmons and yuccas. Also, there were items I had never heard of such as: yautia, name, and molanga coco. These items, and many more, were from Mexico, Jamaica, Costa Rica and other countries. While Delia and I do not use these items, the availability at S&S is an indication of the diversity of cultures within our community.

Several years ago, the S&S instituted a self-checkout system that was similar to the standard system. There was a scanner and then a conveyor belt to the bagging area. At first, I avoided this option because I tend to resist change. But as the store reduced the number of regular checkout clerks and the lines at the registers were long, my impatience was stronger than my resistance to change,



and I started to use the self-checkout. Items with a barcode were easy and I got pretty good at looking up items without a barcode.

Delia liked the system, and even though she thought the system sometimes “cheated” us by not charging correctly for sale items, we usually got help to rectify discrepancies and we made good time with Delia scanning and me bagging. We learned idiosyncrasies of the system. For example, the process for cherries was not the same as for bananas. For cherries the correct procedure was to punch in the barcode before putting the cherries on the scale. We did not have a problem to complete an order which filled four tote bags.

Then, earlier this year the self-checkout changed. The four lanes of conveyor belt checkout had been replaced by eight small self-checkout systems. We tried these several times and had very unpleasant experiences. The process involved scanning each item and then putting it into a shopping bag that was on a scale. I am not sure whether we did not understand the system or the system didn’t work well. The machine kept asking us to take out the last item placed in the bag, or saying “help is required for this item”, or the system would shut down saying “help is on the way”. The space was cramped and the system unfriendly so, after several tries, we gave up and went back to the conventional system.

We were puzzled about why they had replaced a self-checkout system that worked for us, with one that did not. Then I read a piece in the Atlantic magazine that described why grocery stores were eliminating self-checkout systems. It appears that stores were losing money from theft when people figured out how to scam the system. Devious people would figure out how to replace the barcode of an expensive item with the barcode of a less expensive item or scan a less expensive item and put a more expensive item with a similar weight on the conveyor belt. For example, one could find a piece of fancy steak that weighed the same as a chunk of suet. Then one could scan the suet and put the steak on the conveyor belt and then scan the suet again later and send it through. Another easy example of “theft” would be to bag a group of expensive apples but punch in the code for a less expensive type of apple. Never underestimate the ability of people to scam systems.

One reason I like S&S is that they seem to retain employees for a long period of time. I have not talked with employees about pay and benefits but from the low turnover rate, the working conditions must be somewhat adequate. While I don’t know the names or have a personal relationship with many of the employees, I recognize long term employees in the flower shop, several in the produce area, and others in the meat section, dairy section, frozen food section, and the checkout area. One of the few employees we know by name is a seafood clerk who when she sees us, affectionately calls out: “Hello Grandpa, pa and Grandma, ma!” and then proceeds to ask about our granddaughter.

We don’t use items from the delicatessen or bakery, nor do we frequent the aisles devoted to pet food, soda, bread, and snacks. But every once in a while, out of curiosity or by mistake, I go into one of these aisles and am flabbergasted by the choices. When I was writing an article about water, I examined the water aisle to see what was available. I planned to make a list of the choices but it quickly was evident that it would take too long to make such a list.

For example, years ago one of the choices was Poland Spring water. Now, although if you look well you can find the original Poland Spring water, that choice is embedded with Poland Spring carbonated water and Poland Spring waters flavored with mandarin orange, lime, black cherry, or raspberry lime. There is a 24 yard section filled with hundreds of choices for water. The ridiculous number of choices is also true in the pet food aisle, the dry cereal aisle, and many commodity sections. And if you want to experience this issue in the extreme, just visit the skin and hair care aisle. The multitude of choices must cater to a human attraction to novelty but I find the multitude of choices annoying and confusing. I am sure this is another sign of aging.

Although we don’t often drink items for which a deposit is taken, I do appreciate S&S for having machines and a maintained area where redemption of deposits is relatively easy. Many people who gather empties in the community use this service. And I have to admit that I like the gas point program. For every 100 dollars spent, the gas points earned allow for a discount of ten cents per gallon. The points can accumulate so with 500 points one can save 50 cents per gallon. Pretty sweet when the tank is about empty!

I find S&S to be a friendly place. The staff are happy to go into the back to look for items, help you find

items and to handle special requests. When I was moving from Windham Center to Willimantic, I had need for many sturdy boxes to transport my accumulated “wealth” here and there. The employees always let me help myself to banana boxes from the back. I am sure I helped myself to more than 40. Although I know that S&S is a corporate operation, the Willimantic S&S has a community feel about it. I like that.

## Surplus Employees

By Angela Hawkins Fichter

There was an article in the newspaper the other day about the town of Manchester now selling its surplus equipment online. Instead of in-person auctions on generators, waste handlers, computers, copiers, shredders, cell phones, trucks, cars, wheelbarrows, carts, etc., Manchester now sells equipment online. What is sold online? Equipment that is old, out-of-date, worn out. They have made a lot more money selling this equipment online than with the onsite auctions.

So I figured, how could this system work in other ways? I got it! Instead of laying off old, out-of-date, worn out employees, get them a new job by online bids! After all, an employer might prefer to replace a young current employee with an old one, because the old one will show up for work on time. True, she might prefer a lunch time of an hour and a half instead of the employer’s policy of one half hour, but that time will be more than made up because unlike the young employees, she will waste no office time texting, tweeting, or making calls on her smartphone, i.e. she will actually get work done. True, the elderly secretary might not look as sexy when she bends over to tend to office equipment as the current twenty-year-old secretary, but she will accomplish more. When she can’t figure out how to do something on the computer, she won’t bother her boss for help. She will merely call her granddaughter, and be back on the computer in no time.

As for old male employees, instead of telling the boss that a piece of equipment is broken, they will try to fix it. If the broken equipment was made before computers were installed in everything but toilet paper (just wait, that’s coming too), the male employees will take the equipment apart and put it back together and figure out what was broken and how to fix it. This saves the employer money, because the employer would simply buy a new piece of equipment if the current one was broken, since not only does it cost more money to fix modern equipment than to replace it, it takes forever for a repair guy to show up and then tell you it can’t be fixed without spending a huge sum to replace sensors and computer stuff. Of course, getting old employees a new job instead of laying them off would save the employer money in terms of not getting his unemployment compensation insurance rate raised. It would also save the employees from becoming full-time unpaid babysitters for grandchildren and full-time appointees for every public or church committee that exists, because after all, if they have no job, they are merely retired and therefore available for anything and everything. And why would a current, old employee be willing to leave the job he/she has worked at for forty years? Because they are bored and tired of an employer that doesn’t really appreciate them yet (just wait until they are replaced with young employees). So, all in all, bidding out old employees is a win for every one!

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

T. King, Publisher

Neighbors  
a little paper big on community



# First Annual Wood Works Fair

Submitted by Faith Kenton

The 325 Trees/Shrubs Project Year Two is organizing a Wood Works Fair sponsored by the Beaver Brook Saw Shop in Scotland, no admission and open to all. The Fair will take place at the White Water Park, 28 Bridge Street, Willimantic on Sunday, April 22nd from 10am-4pm.

There are two parts of the Fair. The first part includes demonstrations of chain saw carving, portable sawmill operation, woodturning, and the like. Children are invited to use handsaws, drills, and hammers under supervision. It also includes meeting tree farmers, timber haulers, land trust stewards, arborists, wildlife specialists, land clearers, growers, conservationists, pruners, and bio-consultants. Also included is a history of the Connecticut Charter Oak now pictured on the Connecticut state quarter, and hybrid chestnut seedlings from the Ct State Forestry Dept. Groups invited are Goodwin Forest, GROW Windham, Willimantic Wildlife Habitat, Joshuas Trust, Eastern Ct Woodturners, Windham Tech, and more.

The second part of the Fair showcases the work of local artisan/vendors working with wood as a basis of their craft. We have invited artists from WRAC, the Ashford Arts Council, Swift Waters, Artists Open Studios, library shows, other galleries and guilds to come display their items for sale. Carving, furniture, pyrography, bird/bat boxes, burl creations, folk art, whimsies, garden pieces, planters, repurposed wood, sculpture, home décor --- all work welcome from everyday useful to fanciful. All work is to be locally made. There is a \$50 charge for vendors.

This fair is to remind people of the success of the 325 Trees/Shrubs Project so far (107 native-habitat trees and shrubs planted in 2017 in Willimantic), and to work with us to finance similar success in Year Two.

Please come enjoy the day. For more information, contact Faith Kenton organizer at phiona8@sbcglobal.net, or 860-456-0817.

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# Meeting the Farmers and Buying Locally

By C. Dennis Pierce

Winter. Yes, it is behind us but it is still looking over our shoulder. If we had no winter we would not appreciate Spring. All the signs are there. Push away the leaves in your garden and you will see tiny green sprouts that are urged by the false awakening of spring. The weather has warmed and there has been an abundance of rain. You might say we are welcoming mud season. The Quiet Corner is in limbo, ready for a quick turn of seasons. The trees are bare and there is a drizzle that drips from everything but on an encouraging positive note the geese are passing through on their northbound flight.

I have a sense that everyone is itching for spring. As I visited the local library I witnessed two people curled up with seed catalogues. Did you know that the Mansfield Library has a seed exchange? Do you have seeds left over from last year? Looking for some new options? Drop off your seeds and pick up some new.

Windham Community Food Network just recently hosted a “Meet Your Farmer” event at city hall where there was a seed exchange, demonstrations to include how to ferment, beekeeping, seed saving and mushroom growing. There were items for sale but more importantly you had the opportunity to shop for a farm that offered shares in their garden. Those present offering Connecticut Grown were: Barton Farms, Cloverleigh Farms, Woodstock Sustainable Farms, Pinecroft Farms, Seacoast Alpacas, The Framer’s Cow, Blue Slope Meats & Cheese, Bedlam Homestead-ing, Raspberry Knoll Farm, Mike’s Fruit Stand, Shooks Apiaries, Willow Valley Farm, Cowlick Farm, New Boston Beef, Cobblestone Farm, Pzalfsgraf Farm, Mountain Dairy, Brown Farm, Buell’s Dragonfly Farm, UConn Spring Valley Student Farm, Creamery Brook Bison, and Ekonk Hill Turkey Farm.

So why is it so important to buy local Connecticut Grown?

- Local food = local money
- Eating local means more money stays within your community. Every dollar spent generates twice as much income for the local economy.
- Local food is fresh
- Local produce is fresher and tastes better because it is usually sold within 24 hours of being picked. If you buy produce at a conventional grocery store, it may have been kept in storage for days or weeks.
- Local food is more ripe
- Local produce has longer to ripen on the vine because it doesn’t have to travel long distances. This gives you a tastier, vine-ripened product.
- Eating local is “green”
- Eating local reduces your carbon footprint. When your food doesn’t travel long distances, you’re promoting better air quality and reducing pollution.
- Local food is seasonal
- Buying local food keeps us in touch with the seasons. Not everything is available all year round, meaning what grows is the most abundant, least expensive and at its peak.
- Local food is purer
- When you buy food that travels less distances, it is less likely to be contaminated or tampered with.
- Buying local is more fulfilling
- Knowing that your food has a story and that it came from one of your neighbors makes eating it that much more enjoyable.
- Local foods have variety
- Small-scale, organic farmers are more diversified, simultaneously fueling the sustainability of the land and producing a wider variety of fruits and vegetables.
- Local foods support responsible land development
- When we buy local foods, we support local farmers.
- This gives those with farms and pastures a reason to stay undeveloped.
- Local food enhances our environment
- The more land that is cultivated organically decreases the overall usage of chemical pesticides, herbicides, fungicides, and fertilizers and increases biodiversity in our local ecosystem.
- Buying local enriches our social community
- When we buy local foods, we create a more intimate relationship with the people who grow our food because they’re our neighbors.

In my last column I wrote about flu season. Alas, it is still among us if not just the post sniffles and coughs.



Kerry Taylor of Provider Farm

Photo by C. Dennis Pierce

The old adage that chicken soup is the cure all may have some credence. According to studies hot chicken soup is more effective than hot water in stimulating something known as the mucociliary transport system, which helps move things along in the upper and lower respiratory tract, allowing the body to rid itself of particles and infection. Keeping that in mind I offer the following recipe that might not be a cure all but it will help you prepare for spring.

Cure All Chicken Soup  
Makes 4 – 5 portions  
Pre-warm serving bowls in a low oven

- Ingredients:
- 2 lbs. of chicken thighs with bone
  - 3 quarts of water
  - 3 stalks of celery, chopped
  - 2 medium carrots, peeled and chopped
  - 1 onion, sliced thin
  - Chopped zucchini or other vegetables (optional)
  - Salt or tamari to taste
  - 1 bunch of fresh chard, kale, bok choy or collard greens washed and chopped
  - 1 ½ teaspoons of soy sauce
  - 2 tablespoons of sweet vermouth, or sherry or marsala
  - 10 cloves of finely garlic chopped (yes...10 cloves)
  - ¼ cup of parmesan cheese

Directions:

Wash chicken well. Remove any skin and fat. Dry with paper towels.

In a large pot, place the chicken in the water and bring to a boil. Boil rapidly for 3 minutes. Skim off any foam. Reduce heat and simmer for 45 minutes, stirring occasionally.

Remove chicken and let cool. Pull all meat from bones and chop up meat into smaller pieces. Add back to water. Add back bones also.

Add celery carrots, onion and other optional vegetables and simmer for another 15 minutes. Season lightly with salt or tamari.

About 5 minutes before soup is done put greens in a sauté pan with ¼ cup of the soup broth, stirring until greens are wilted.

Stir into the greens 1 ½ teaspoons of soy and sweet vermouth (or other).

Strain out the excess liquid from the greens and pour it back into the soup.

Ladle soup into prewarmed bowls.

Top each bowl with serving of greens, parmesan cheese and a sprinkle of chopped garlic and serve.

The local movement is growing. Thirty years ago, there was only one Farmers Market in the area. Now each town has one. Clearly there is a different interpretation of the food system that we have become accustomed to and

clearly, it’s not going to change in a week, month or even a year. It probably won’t happen in a decade. The reconstruction of our straight line agricultural system into something circular is a generational or perhaps multigenerational task. Which means only one thing. Each local purchase brings us one step further in the right direction. So, think garden, think spring. Nathaniel Hawthorne encourages us in his quote, “I used to visit (his garden) and revisit it a dozen times a day, and stand in deep contemplation over my vegetable progeny with a love that nobody could share or conceive of who had never taken part in the process of creation. It was one of the most bewitching sights in the world to observe a hill of beans thrusting aside the soil, or a row of early peas just peeping forth sufficiently to trace a line of delicate green”. 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.

## Spring Greetings from The Gardiner Hall Jr Museum

By Pamm Summers

Enough with Winter, we are ready to welcome Spring here at The Gardiner Hall Jr Museum!

Our Spring 2018 “First Sunday at The Mill Works” community event is scheduled for March 4th, please stop in and see us! There will be food, music, artists to converse with and the Museum will be open to the public, as well. The doors will be open from 12:00pm until 5:00pm at The Mill Works, 156 River Rd, Willington. I hope you can stop by. Check our website for details: [www.thepackinghouse.us/upcoming](http://www.thepackinghouse.us/upcoming).

Also, progress has been made with our Trivia game for The Packing House! The game, “Brain Buster, Not Yo Mama’s Trivia”, will be tested by the members of the EC-CHAP board on Monday, March 5th. This is a game unlike any other Trivia game in the area - it was developed just for EC-CHAP. With some tweaking we hope to have it ready and open to the public very soon. This has taken more time than was expected but it’ll be worth the wait! I will announce when we will host our first game in the near future.

The Museum is open every Tuesday from 9:30am until 11:30am, during events, and by appointment. Stop in sometime and check us out!

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# Origins

By Cathy Cementina

In the beginning was the quantum. And the quantum was you.

We care a lot about our roots. We explore our familial histories to uncover where we come from and who we are. But we don’t go far enough back. If we did, we would encounter an unimaginably tiny quantum of matter that is the source of all that we are and of all that we witness. That is our homeland. That is the origin from which each of us -- regardless of ethnicity, nationality, gender, or skin color -- emerged. What better way to be reminded of our common starting point than to learn about that cosmic history?

In 1929, Edwin Hubble, an astronomer at Caltech, made the discovery on Mount Wilson in Pasadena that the myriads of stars and galaxies that we see through a telescope and with the naked eye are moving away from us. And Hubble determined that the farther away those galaxies are, the faster they are moving. In other words, the universe is expanding. This observation provided the earliest evidence for the Big Bang. And it provided a pathway back to our origins: If the galaxies and stars are continually expanding away from us, we should be able to extrapolate backwards to the point at which the expansion began.

Indeed this is what modern physicists have done to reach the point 13.7 billion years ago when the Big Bang initiated the ever-expanding universe. At that time, our universe was an incredibly small quantum, something we call a Planck sphere, the smallest possible size that can be operationally defined. All potential matter and energy that would come to make up our universe were contained within this incredibly small unit. The density was so great that, in technical terms, the total entropy of the universe and the maximum entropy of the universe were equal. That means that no order would have been possible at this point. The universe that we can trace began in total chaos.

So how can I be talking to you now? What transpired between that tiny dense quantum and the enormous universe we now experience and can find order in? The key to our understanding that journey was the second finding that confirmed the Big Bang – the discovery of the cosmic background radiation. In 1965, two Bell Laboratories scientists in New Jersey experienced interference with their horn antenna (used to detect microwave radiation) that seemed to be coming from all directions. After cleaning out what they thought was the source of the problem -- pigeon droppings -- from their instrument, the interference continued. Subsequently, through consultation with university physicists, it was confirmed that what the Bell Lab astronomers discovered was cosmic background microwave radiation left over from the Big Bang (approximately 380,000 years post Big Bang).

The Cosmic Background Radiation (CBR) enables us to decipher the composition of the very earliest universe, and the evolution of that universe to what we now witness. The earliest universe was comprised primarily of the lightest and simplest elements known – hydrogen, lithium and helium. Following the Big Bang, and the cooling of the nascent universe, heavier elements were produced from the primordial elements. The heavier elements, elements such as carbon that would be necessary for life, were formed in the furnaces of what we call stars. Stars formed because the early universe was not homogenous – and this



we can detect (now!) from the CBR. There were pockets of density in that early quantum that subsequently formed the stars that comprised the first structure of the universe. The stars harbored the seeds of life within them in the form of carbon and other heavier elements. The final step toward the universe we now see was that the stars would explode in a way that disbursed the heavier elements through space -- the elements that would become our rocky (and carbon laden/ life potential) planet earth. We all come from stardust.

People of a religious bent may protest: No, we ultimately come from God. But although the farthest back we can credibly go at this point is the Big Bang, there are physicists such as Stephen Hawking and Victor Stenger who have proposed a plausible explanation for what preceded the Big Bang. And it isn’t God. Theirs is an explanation that can in time be supported with new data. As long as there is a plausible empirical explanation for what preceded the Big Bang, there is no need to invoke a supernatural one. In that explanation, the universe has no beginning or end in space or time. So our ultimate origin may in fact be in eternity -- of a strictly materialist kind. I’ll take that over God.

Cathy lives in Coventry.

## Poet Heidi Lynn Staples to Read at UConn

Submitted by Bailey Shea

The University of Connecticut’s Creative Writing Program is pleased to announce poet Heidi Lynn Staples will read from her work for all who are interested on Thursday, March 8th, 2018. The reading will take place at 6:00 pm in the UConn Bookstore in Storrs Center.

Heidi Lynn Staples’ debut collection Guess Can Gallop was selected by Brenda Hillman as a winner of the New Issues Poetry Prize. She is the author of three other collections including A\*A\*A\*A\* (forthcoming from Ah-sahta, 2018). With the poet Amy King, she co-edited Poets for Living Waters, an international poet response to the BP oil disaster in the Gulf of Mexico, and Big Energy Poets: Ecopoetry Thinks Climate Change. She teaches at the MFA Program at the University of Alabama.

The Creative Writing Program aims to introduce and engage both undergraduate and graduate students in various writing courses including fiction, poetry, creative non-fiction, drama, screenwriting, and more. These courses are offered to students of all majors in order to engage and include all that are interested in joining this growing creative writing community at the University of Connecticut.

The reading, co-sponsored by the UConn Creative Writing Program and the UConn Bookstore, is free and open to the public. The UConn Bookstore is located at One Royce Circle, 101 Storrs Center, and can be contacted at 860-486-8525. For more information, please visit the Creative Writing Program’s website at [www.creativewriting.uconn.edu](http://www.creativewriting.uconn.edu).

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# How To Love Everybody-Yes, Everybody!

By Grace Preli

I’m going to jump right in and make a big, bold claim: I/you/we are capable of loving all that is; everything and everybody unconditionally, with zero exceptions. Let me just emphasize again: Love is available to all, unconditionally, with ZERO exceptions. It is 100% possible to love everybody. It’s super easy AND it’s super duper hard (but only because we make it hard!!) Also, just so we’re crystal clear, dear reader, I am not playing around here. I don’t get serious about much, but I’ve realized it’s time to get really serious about this, about Love, about sharing what I have to say, because not enough people are saying it. I have always known this to be true, that not only are we all capable of loving ourselves and everybody else unconditionally but that this is our ultimate journey, this is what it is all about. It all breaks back down to Love. Love is our base state, it is our base vibration. Love is the ultimate building block. Love is to be... to be in creation, in communion, with yourself and with spirit and therefore with all. Love is that which you are. Who are you? You are Love. Who am I? I am Love. Love IS Love.

I’ve heard everything... “That’s not possible! You’re crazy! It’s just you, I can’t live that way. How can you say that? You can’t love everybody, you’re full of it!” I’m calling BS, and I’ve been calling people out on it since day one. Stop making excuses, stop avoiding ‘the work’. This is why we’re here; to love and to grow and to facilitate profound change. We’re here to get in touch with what we are: Love. Our lives are opportunities to strengthen ourselves in Love, to be challenged in different ways and yet still never forget where we come from, what we are and why we are here.

Love is neither affection nor attachment. It is not dramatic. It is not painful. Love doesn’t retaliate or attack, it’s not an action. The more we tap into what Love is all about, the more we help others to do so too. I have maybe five people in my life who acknowledge that Love is the base state and that it is our mission, should we choose to accept it, to love ourselves and all that is, unconditionally and with zero exceptions. This article is directed to anybody and everybody (myself included... hey I can’t walk on water yet!) who needs a gentle reminder of the ultimate journey. I see you, do you see you? I’m not budging on this, get over the BS you continue to perpetuate and get going, you need you.

Okay, let’s go. If you are Love, if your base state is Love and it is exactly what you are, everything you are, then how do you connect with that Love which another person is? How do you get through all of the muck and mud to see what really shines and sings from within? The answer is two-fold.

First: remember. Remember what you are. Remember who you are. Remember what ‘this’ is all about. Feel the remembering of it. Remember the feeling of it. You don’t have to change or add anything to get Love. You ARE Love. The more you can FEEL the Love that YOU are, the more you can FEEL the Love that is all others and all else.

This is our biggest issue right now as individuals, communities, as a collective whole. We are not honoring the Love that we are. We are not seeing it within ourselves and others. We forget that the base state of everything, of all of the experiences on the Human Experience Spectrum are grounded in Love. At their core they cannot be anything but Love, for it is what we are and where we come from. We are as individuals and as a collective getting hung up on the experiences not realizing that the experiences are our opportunities to love in ALL THAT WE DO. To find Love in EVERYTHING and EVERYBODY. We must look past the surface of our experiences to remember what we and ‘it’ is all about. This is the BS to which I refer to; the perpetual cycle of not honoring what we really are (Love) and what we are really here to do (experience in each moment the full expression of the Love that we are), as individuals and a collective. (See my last article in the February edition of *Neighbors* for more on this and what I have coined the Human Experience Spectrum if you are confused/need a reminder/didn’t read it already.) We are not remembering! To love is to be human, to be human is to love! Ground yourself in this and move on to step two.

Step two: more remembering! Remember who THEY are. Remember the base vibration, the base state of all. What do you need to look past, move with, work on, in order to remember? What do you need to acknowledge, see and shift aside to get to the core of what we all are?

This is it. Rinse and repeat. Remember. Remember. Remember. This is a constant and never ending cycle. There’s always going to be another person to love. Another



person to challenge your expression of Love, until one day your Love is grounded and carried forth, unshakeable, unconditional and fully expressed. Until that day, when we all are remembering at all times who and what we are, here are a few helpful suggestions for dealing with situations where it might not be so easy to remember.

Stop projecting. Stop trying to make someone what they are not. This is THE hardest thing I have had to look at and work with. Growing up I wanted my mom and dad to be something, something that they are not and never will be. I wanted friends to be something for me or be a certain way. This is unfair not only to me but to every person I encounter who I don’t take as they are. I am what I am. You are what you are. When I project something onto you, I don’t see the real you. I don’t honor you for all that you are, and in doing so, I don’t honor myself or the truth of what is. Someone cannot be something they are not. This is where all expectations and disappointments come from. You don’t like someone for what they are? So what! It’s not up to you. Learn to love them for what they are, honor your own experience, honor theirs. Look at your life and you will see so many people who you are dishonoring by projecting things onto them. We are each all sorts of things all at once. We are not a series of ‘buts’, we are a series of ‘ands’. Get busy seeing someone for who they are. Who they truly are. Not what you think they are or wish they were. Which leads me to...

Stop trying to change people. When you are in Love with yourself you realize that no one else is of any bother. Everyone is what they are and it’s exactly the way it’s going to be. They can change themselves, but you can’t force change. You can inspire it, yes, but you can’t forcibly inspire it either or manipulate it into happening. If someone is Love, just as you are, then what needs to be changed? What needs to be changed is that which is not a full expression of your Love. How do you change what is not Love? Remember what you are! This is all about you and not about anybody else. You don’t need any other person or thing to realize and live the full expression of your Love.

Stop judging. It benefits neither you, nor the person who you judge. It dishonors both you and them. It prevents you from seeing what you both are. It prevents you from connecting, from growing and from changing. When you judge you become stagnate. When you judge, you don’t honor what someone really is. You don’t honor their choices or how they themselves choose to learn about or grow with Love. You have no idea the depths of someones experience. They could be grounded in their Love and growing in untold ways. Let them be. Let yourself be. Be what you are.

So. How do you love everybody? You remember the Love that you are. Then, you remember the Love that everyone else is. And then, you repeat, repeat, repeat. You work with and constantly clear that which clouds the water. When you are grounded in the Love that you are, that which is not Love shifts and clears and falls away. We pretend it’s impossible to love everybody and share in the Love that they are because it takes effort and work and it requires us to be the Love that we are! This is all about you. This is all about me. Please, remember what you are! Thank you! (:

*Ed. note: Writer 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.*

## TAKE NOTE! Concert

A well known cappella ensemble will give a concert on Sunday, March 4, 2018 at 3:00 pm in Knowlton Memorial Hall in Ashford, Ct.

The Concert will benefit Joshua’s Trust Gurleyville Grist Mill Restoration. If you have never been to this group’s concert - you’re in for a treat! Comprising about 20 singers from around the region, the vocalists’ repertoire is broad and eclectic. Even more remarkably, they only give concerts for non-profit groups (like Joshua’s Trust), stating that “singing is our gift which we contribute to support the charitable efforts of community organizations.” Thus, they do not charge admission but attendees are encouraged to give a generous donation to the sponsoring organization.

Directions: Route 44 just east of the intersection with Route 89 next to Ashford Town Hall.

# Women On Front Lines Long Before #MeToo

By Brigitte Dale

“Oh, my dear, I can grip you wherever I like today.” Although that sounds eerily like Donald Trump’s comment caught on an “Access Hollywood” tape in 2005, the remark was actually reported coming from a British police officer in 1910, during a protracted assault, physical and sexual, on hundreds of peaceful suffragettes marching their petition to the House of Commons.

In the era of #MeToo, it is vital to confront our society’s long failure to value women’s voices and to respect their bodily integrity. As a historian, I am compelled to contribute to #MeToo, not with my story, but with the experiences of women who lived before #MeToo, and whose stories deserve to be remembered.

This month is the centennial of women’s suffrage in the United Kingdom, when, in 1918, property-owning women over age 30 gained the right to vote (women would not vote on equal terms with men until 1928). The suffrage fight was long and brutal — with hunger strikes, force feedings, and jailings under cruel conditions.

One one of the most haunting and horrendous moments in the suffrage campaign is hardly ever told in its entirety. Nov. 18, 1910, came to be known as Black Friday. Emmeline Pankhurst, the leader of the suffragettes, led 300 women to Parliament with a petition for the House of Commons. Ms. Pankhurst’s organization, the Women’s Social and Political Union is often remembered, and criticized, for its militant tactics. By 1910 however, the union had never employed violent or destructive behavior, and the group’s actions consisted of speeches, marches, asking questions at political meetings and campaigning against anti-suffrage members of Parliament.

The peaceful women arrived at the gates and were met by police officers. When told to stop marching, the women refused. The police then attacked. Under the orders of the home secretary, the police battered and assaulted the women for five hours. Many of the the assaults were sexual in nature. The police knocked the suffragettes to the ground, kicked them between the legs, lifted their skirts over their heads, and pinched and wrung their breasts (which at the time was believed to cause breast cancer). Who was the home secretary who neglected to stop the police brutality? The future prime minister, Winston Churchill.

“You have been wanting this for a long time, haven’t you?” an officer sneered, according to historian Lisa Tickner. More than 100 women were taken into custody. Many were injured. Emmeline Pankhurst’s sister, Mary Clarke, died from her injuries.

When many historians wrote about Black Friday, they echoed the officers. Among others, David Mitchell, an expert in British history, claimed, “the men who fell upon the women were only responding to the wishes of the women for sexual contact: wasn’t this ... what [they] really wanted?”

We cannot shrug this off by saying surely it was a different era. For these are the same issues arising today on college campuses, in workplaces, in the military, in Hollywood — in every facet of modern society. Current debates still raise the refrain that the woman “wanted it,” with the implicit assumption that women get what they deserve because they dare to challenge some male bastion.

Furthermore, when we criticize the suffragettes as violent, militant or radical, we are conspiring with their Victorian contemporaries whose perspectives were dominated by prejudices that, unfortunately, persist. It was after Black Friday, after the women endured abuse at the hands of law enforcement, after years of peaceful struggle, that they changed tactics. But we forget. Women’s history is painfully underrepresented in education and common knowledge. Can you name five influential women before 1900 who weren’t first ladies?

Meanwhile, we lionize men like Churchill. I do not intend to drag Churchill’s name through the mud. But his story is incomplete without remembering Black Friday. In erasing the story of the assault on the suffragettes, we are accepting and even idolizing male leadership that de-values women. And look where that’s gotten us. The suffragettes could not say #MeToo. But we can. And we can also prove to ourselves and our posterity that we value and respect women, both by listening to women today, and teaching their histories for tomorrow.

*Brigitte Dale, 22, of Fairfield is a senior majoring in history at Brown University. Her essay first appeared in the Hartford Courant.*



# A Theft Foretold

By Delia Berlin

What prompts a person to become a thief? My experiences seem to indicate that in most instances, it isn’t need. After years of living in third-world countries, my first brush with thieves was at West Farms Mall, in an affluent area of the US. My next experience with theft in the US was blamed on college students, not exactly a desperately needy group. Other related situations that I encountered later also point away from need as a motive.

I grew up in a very big city, and although I didn’t live in a high crime area, I understood that thieves existed everywhere and that high density of population increased the chance to come across them. From a young age, I learned to be vigilant about property. I also learned that no material object was worth risking life or limb, so in a confrontation about property the rule was to surrender it. Things could always be replaced.

By the time I moved to Connecticut, at age 22, I had no experience with theft. But unfortunately, soon after, I did. I had gone to West Farms Mall, in West Hartford, looking for educational toys for my infant daughter. At one point, I looked for a restroom. I went into a stall and used the hook on the door to hang my pocketbook. I hadn’t noticed anything suspicious but suddenly, hands reached in over the door and grabbed my pocketbook. Then I surprised myself on many grounds.

First, hanging the pocketbook as I did, was not something I would have done outside of the US. Clearly, “unlearning” my life-long vigilance so soon after arriving here was not justified. Second, all the training about surrendering property had gone out the window. I instinctively had reached for my pocketbook at lightning speed and did not let it go. I also cursed in the process, although I can’t remember in what language. Third and most foolishly, I came out of the stall with my pocketbook and, instead of leaving the bathroom as quickly as possible, I calmly washed my hands, glaring at the two suspects who stared at me by the sinks. Looking cool as a cucumber, but actually shaken, I then left. I had been sort of overtaken or possessed and I didn’t fully understand or approve my reaction. But luckily, all was well.

A few years later, while living in Mansfield Center, I arrived home with my daughter after preschool. Nothing seemed amiss and we began preparing dinner in the kitchen and talking about the day. While we were eating, I decided to do a load of laundry. I walked into the master bedroom to get to the bathroom hamper, when I noticed the TV was missing. The stand was still there, empty. I had trouble processing this as a theft. It seemed unreal that we had been in the house for over an hour, completely unaware of a previous intrusion... But what else could this be?

The police officer who responded to my call didn’t seem surprised. Apparently, this type of theft was common in Mansfield early each academic year, as new students moved into UConn. Although neither the culprits nor the TV were ever found, the police were familiar enough with this pattern to feel sure students were to blame. I would have never imagined that university students may consider helping themselves to other people’s TVs!

This past fall, our Willimantic house was part of a self-guided “Walktober” tour. These selected houses had signs placed in their front yards, with interesting facts about them. Our sign had a portion of the post sticking above it, so I thought it would be nice to decorate it. Being October, I found a cute Halloween decoration at the Mansfield Flea Market that fit perfectly. Just a few days later this decoration, a ceramic witch, “walked” – who really needs a Halloween witch?

More recently, precisely on Sunday the 21<sup>st</sup> of January, between 4:00 and 5:00 pm, another thief stole my husband David’s down jacket from his unlocked locker at the Eastern Connecticut State University sports center. Since David walks there for his daily swim, he had to walk back home wearing only his shirt. Fortunately, it wasn’t a bitterly cold day. He arrived quite chilled, but not exactly hypothermic.

First, I should mention that we are not suspicious of Eastern students or staff. David has been swimming at



ECSU for 15 years and has never missed anything. Although he is careful to leave valuables at home, he has never locked his locker. The sports center is a welcoming area open to the public and not fully restricted to those affiliated with Eastern. We like it that way and wouldn’t want that to change.

But what’s most unusual about this theft story is not yet apparent. We need to turn back the clock a few months. The plot begins around last September, with a different jacket. Having noticed David’s need for an updated coat, my daughter got him one as a gift. It soon became his favorite. Being light, waterproof and highly packable, David took it everywhere for the next few months, until one day he couldn’t find it. He retraced his steps and concluded that it may have been stolen from his locker at the ECSU pool.

On that occasion, David reported the theft to Eastern police. The sports center had CCTV footage, but nothing relevant had been captured. We resigned ourselves to the loss. But by then it was December and David need another jacket fast.

We always try to shop locally, but hopes of finding a substitute in local stores that late in the season were dim. Yet, I gave it a try before going online and got lucky. I happened to find one leftover jacket that was a perfect fit. But amazingly, just a few days later the first “stolen” jacket reappeared.

That coat hadn’t been stolen, after all. David had made a house call to deliver an art piece sold during open studio and inadvertently left his jacket there. When the homeowners realized that they had it, they immediately called him and left him a message.

So, David had ended up with an extra jacket, but it turned out that the newest one was much warmer. Filled with down, it was perfect for the arctic spell that soon followed. Unexpectedly, the wrongly presumed theft had been a lucky occurrence. Had I tried to find him a warmer jacket locally any later than I did, I wouldn’t have been able to. The one I had found was literally the only one left.

Soon after these events my daughter and her family visited us and we all talked about the fortunate serendipity that led to David’s two new jackets. But that good fortune was short-lived. Amazingly, as soon as my daughter and her family left that weekend, David went to Eastern for his swim and this time, his newest jacket was really stolen.

You can say that in just a few months, David’s jackets have put him through a quite a rollercoaster. He is back in need of a warm replacement but, just in case, I’ll get a different color. You never know when one of his jackets may reappear and he could easily end up with three jackets.

From now on, David will lock his locker. Meanwhile, a thief may be walking around in (please take note!) a Columbia navy blue hooded down jacket with horizontal stitching and grey trim. We still hope to get it back, so keep your eyes wide open. There will be a grace period of “no questions asked” to reward a quick return. And if you see a cute ceramic witch with a broom and a pumpkin, you also will know where it belongs.



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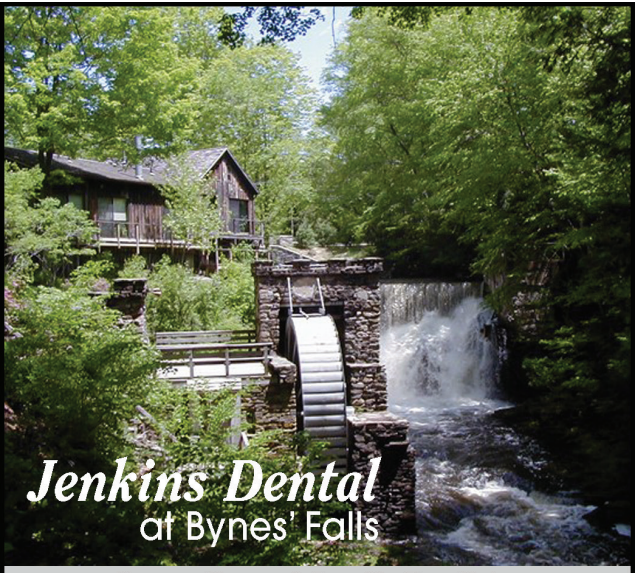
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Treating Liver Disease Naturally-

# A Naturopathic Approach to Fatty Liver Disease

Dr. Ashley Burkman ND

Liver disease can be from many causes, but when there is no cause for liver disease it is called NASH, nonalcoholic steatohepatitis, or nonalcoholic fatty liver disease. The liver is a major source of detoxification in the body and when burdened will start to develop fatty deposits, a sign that it is stressed. When alcohol abuse, medication toxicity and infections have been ruled out, what then could be the cause for liver disease?

NASH is a growing condition in western culture. Those with NASH often have comorbidities including blood sugar management issues, elevated cholesterol, specifically triglycerides, and obesity. It is diagnosed by imaging studies, most often an ultrasound of the liver, revealing enlargement and fatty deposits on the liver. Often liver function studies through blood work are elevated, indicating the liver is having a hard time keeping up with demand and is inflamed. In some cases, a liver biopsy is required to rule out other causes of fatty liver disease. Symptoms of NASH are often subtle if any at all including fatigue, pain in upper right abdomen, or fullness in right upper abdomen. Severe cases can lead to abdominal swelling, red palms and jaundice or yellowing of the eyes and skin. The good news is that the liver is very regenerative and can start to heal itself if the insult is removed and support provided. Ideally, you want to start working to reverse NASH right away, the longer the liver is inflamed increases the risk of cirrhosis of the liver. Cirrhosis is a process where more permanent scarring starts to develop on the liver rendering it unable to function. Luckily, only 20% of those with unmanaged NASH will go on to develop cirrhosis.

Traditionally, patients with NASH are encouraged to manage the comorbidities of NASH through diet and exercise to maintain a healthy body weight, improve blood sugar and correct cholesterol abnormalities. This is often difficult to do without direction. Naturopathic doctors utilize a plethora of modalities to support liver function to treat NASH from dietary alterations to supplementation to IV therapies. While each person is an individual and we treat each patient uniquely, the following are often staples in a treatment plan for NASH.

**Balance the Blood Sugar**

Insulin resistance is found in almost all who suffer from NASH. Insulin is needed to shuttle glucose, energy, into the cells of the body. Insulin resistance is a condition when the cells in the body become resistant to insulin, making it difficult to get glucose into the cells for energy. It has been found that insulin resistance may increase free fatty acid delivery to the liver, therefore increasing liver fatty accumulations.<sup>1</sup> While the exact mechanism of how ineffectual use of insulin and NASH are linked is not fully understood, what naturopathic medicine knows well is how to balance blood sugar and improve insulin sensitivity. Intermittent fasting is a dietary regimen that directly affects your body’s ability to use glucose for energy. The idea behind intermittent fasting, fasting for 14-16 hours in the day including overnight hours, is that during that time of calorie restriction your body will use fatty acids in the body for energy. Hence less fatty acids being shuttled to be deposited on the liver. Not only does intermittent fasting encourage fatty acid utilization in the body but it does encourage calorie restriction. Overeating and lack of exercise is a recipe for excessive fatty acids to be deposited on the liver.

Intermittent fasting has also been shown to improve insulin sensitivity making it a favorable implantation in type II diabetics dietary recommendations. The World Journal of Diabetes published a study on the effect of intermittent fasting on health markers for those with type II diabetes. The results from the pilot study was that it was a well-tolerated and overall safe intervention.

We have been taught to eat breakfast every morning and to eat every couple of hours to improve our metabolism, however, recent research is starting to show the contrary. Intermittent fasting is not for everyone and needs to be altered to fit each person individually based on work schedule, family meal times, etc. The idea is overall calorie reduction and to encourage the body to use its own fatty acid storage for energy, this can be obtained through other means as well but diet is the first place to start.



**Nutraceutical Interventions**

There are many vitamins and herbal supplements that have been shown to help to support liver detox and to relieve stress and inflammation of the liver. The following is not a comprehensive list but can be used at varying doses and in varying combinations to support an individual with NASH.

**SAME- S-adenosylmethionine-** A naturally formed molecule in the body, that when supplemented serves as a precursor for cysteine, an amino acid, that protects against free radicals, or toxic stresses, that can enter the body including alcohol, pesticides, environmental pollutants. <sup>3</sup> The liver is the first place these free radicals are neutralized and can become overwhelmed, making SAME a great addition to protect the liver.

**NAC- n-acetyl-cysteine-** This is a molecule that encourages the production of glutathione, the liver’s most potent endogenous detox supporter. NAC has been shown to reduce the stress on the liver, as shown in liver enzyme testing blood work. The dose of NAC depends on the person, however, has been shown to be a safe and effective adjunct in those with NASH.

**Vitamin E-Supplementation** with vitamin E has been shown to improve inflammation and fatty deposition on the liver. Vitamin E is a natural anti-oxidant helping to neutralize oxidizing effects of toxins on the liver, protecting it from further damage and allowing healing.

**Glutathione-** A super power molecule that is vital to support detoxification and protection of the liver among many other important roles in the body. Glutathione can be supplemented orally with advantageous benefit to liver function studies of patients with NASH. Oral supplementation of glutathione can become costly and may not be as absorbed as well as an intramuscular injection of glutathione or IV push of glutathione. Both have been shown to prove advantageous to improve your liver enzyme profiles.

If you are struggling with what to do for a diagnosis of NASH consider a consultation with a Naturopathic Doctor as we have a variety of treatment modalities to encourage liver and overall health.

*Dr. Ashley Burkman ND, is a licensed Naturopathic Doctor practicing at Collaborative Natural Health Partners, LLC in Manchester, CT. Dr. Burkman ND, is an in-network provider with most major health insurance companies and is accepting new patients. Please call 860-533-8017 for an appointment.*



## Paint Your Own Gourd Birdhouse

Submitted by Deborah M. Andstrom

Get ready for spring with a decorative gourd birdhouse. Gourds were used by Native Americans to attract songbirds and one in your yard might just attract a family of chickadees, titmice, wrens or other cavity nesting birds, but even without tenants, a handsomely painted birdhouse makes a fine decorative touch.

Fletcher Memorial Library is hosting a birdhouse gourd painting workshop, March 10, 10-11:30 a.m. at 257 Main St. Hampton. This is a free program with gourds and paints provided. Local painter Janice Trecker will be on hand to introduce the acrylic paints used and to provide some suggestions for design and execution.

The workshop is limited to nine participants. Registration is not required but recommended as supplies are limited. For information: 860-455-1086 during library hours.

# 71 days

By Kevin Pratt Jr.

71 days. That’s the magic number, which has defined me in 2018. You may be asking yourself ‘What does that mean?’ Well I’m about to tell you. It’s been 71 days since I have worked. I can’t imagine people being unemployed and not being able to find work. Sitting in my apartment, I have gone absolutely stir crazy. Yes, I still get out and I still do the necessary things that you have to do to survive. However, not being able to communicate with friends or coworkers is a little unnerving. It almost feels like a prison sentence.

You may be wondering why I haven’t worked in 71 days. I’d like to know myself. All I get is the runaround or the famous phrase ‘they’re cutting hours.’ Really? After I have gone in and changed my availability so I can possibly get on the schedule. Nothing has changed as of today when this article is being written. I am currently not scheduled at all. Yes I understand what I do for a living is not very demanding. I’ve even heard rumors that they might eliminate my position, which by the way, is totally possible. I’m hearing a very common phrase in 2018 that jobs are not guaranteed anymore. I would absolutely agree.

Now in these 71 days I have not worked there has been a lot of reflection. Too much thinking and wondering whether or not I’m going to see my coworkers and friends again. My job provides me with a social outlet. In my reflection I’ve come to realize that I may have to quit grad school. I have no money coming in and as I stated before, what I have heard in recent days makes me a little uneasy. Not to mention I’ve gotten wiser in my 44 years of existence on this planet which means I don’t really want to incur any more debt. Not to mention someone wanted to know whether getting my masters would make my life better. In some aspects it might if there was someone out there to help me find better employment. However, by the time I achieved my masters, I’ll be in my latter 40s so I don’t know if any company would take me seriously at that point. I don’t care what anybody says, the older you get the harder it is to find a decent job.

71 days is too much thinking and too much worrying about what’s going to happen. I want what every normal red-blooded American has always wanted - a wife (or husband), kids, house and a family dog. At this stage in my life I don’t think those things are possible. I wish I could say that it was going to be different and there is still hope. However, I just want to feel needed and wanted after 23 years of being at work on time and being responsible for making sure that I do my job efficiently. Is it too much to ask for loyalty and respect?

I know it’s a business and I understand how business works, but in order for business to be successful you have to have good people who take pride in what they do. Seeing me smile or greet you nicely or listen to your story as you walk through the door is important. You recognize my face and know I am a pleasant guy who is going to listen to you and help you, means a lot to some people. So no matter how big or small your job, always respect the individual that is doing his or her job. At the end of the day, genuinely caring about people is what helps make a business grow and be successful. Have respect for the people that work for your company. We all matter.

## Food Drive in Putnam

Submitted by John D. Ryan

PUTNAM, CONN. – There will be a food drive for local, needy people on Saturday, March 24, from 9:00 a.m. to noon at the Cargill Council 64 Knights of Columbus Hall, 64 Providence Street, Putnam. Please bring your non-perishable food items and tax-deductible monetary donations, to help your neighbors in need. The Easter Bunny will be there for the children! If you can’t get there in person, then please mail your check to Interfaith Human Services of Putnam. P. O. Box 281, Putnam, CT 06260.

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# Life Insurance: How Much, What Kind, How Long?

By James Zahansky, AWMA,

Life insurance can become confusing when you consider all the types offered: term, whole life, variable life, universal life.

But you can simplify the issue by keeping in mind the primary purpose of life insurance: ensuring your family has backup funds in case you aren't around to support them. Life Insurance is one of the key factors in Planning Well for you and your family.



## Term life vs. non-term life

For example, you have \$150 to spend each month on life insurance. Should you spend the full \$150 per month to buy whole life insurance or should you buy a less expensive term life plan for a set period, say 20 years, and invest the difference? Let's take a look.

Term life insurance is straight forward. You pay a certain amount for a guaranteed payment should you die within a defined period of years, or term – 10 years, 20 years, 30 years, etc.

Just as mortgages are fixed rate or adjustable rate, there are two different ways of paying term life insurance. One way is annual renewable term where the policy is renewed each year, but the rate you pay may vary. Similar to an adjustable rate mortgage, the premium for this type of term insurance may start low and increase with his age. Another way is level premium, this type of insurance is basic insurance, where a set amount will be paid each year. Determining which one is better is a matter of your specific situation. For example, if you are just starting out in your career and money is tight, the annual renewable option may be more of a fit. On the other hand, if you want a predictable cost each year, the level premium could be best. Non-term insurance products are also known as whole life, meaning that these products are intended to last a whole entire life, not just a fixed number of years. Several insurance product types fall under the umbrella of non-term insurance.

One type is universal life, in this type you pay a premium that is distributed partially to insurance, and another portion that is safely and modestly put towards a growing investment.

Variable life is when most of the premium goes toward the investment. The risk here is that if the investment returns aren't adequate, you may have less than full insurance coverage.

Variable universal life insurance is a mix of the two above, with you having some control over the investment. (Please note that both variable life insurance products and variable universal life insurance products are considered securities products, not solely insurance products.)

## Making the best choice

Whether your dependents are young children, adult children with special needs, or aging parents, life insurance is there to protect those left behind and assure a certain standard of living if you are no longer around to provide for them. This means you need to look at your

unique situation and choose the policy that makes the most sense for you.

For example, if you have children, you might pick a term that covers your family until they are out of college (or just out of the house). However, there may be special circumstances — such as a special needs child or a spouse or partner who is unable to work — which make a longer-term life insurance necessary. If this is your situation, one of the whole life policies might make more sense.

## Calculating “peace of mind”

Many people have some savings in the form of retirement accounts or Social Security, but that may not be enough to cover the loss of a primary financial provider, especially if they have young children. Life insurance can help ensure that families have adequate resources in such a situation.

So how much money would those depending on you financially need each year without your support and how long they will need it? Well, that depends. Consider consulting with a financial advisor before locking into any plan. But here are a few key questions to get you thinking in the right direction: Should you die prematurely, what are the immediate obligations for your family and/or dependents (e.g. private school tuition, home health aide for ailing parents)? Next ask, “How long will they need my support?”

Several websites, such as [www.lifehappens.org](http://www.lifehappens.org), provide life insurance calculators to help you figure out what amount of life insurance you may need. As a rule of thumb, consider erring on the high side. You may be able to provide your family or dependents significantly more peace of mind with a minimal increase in your term payment. But ultimately, there is no one right answer, just the answer that is right for you and your family. And with something as important as life insurance, consulting a financial professional, who can help you evaluate the options within the context of your personal goals and financial situation, is often useful.

Whichever circumstance, there is a plan that fits your financial needs and goals. Choosing the right insurance for your situation is one of the steps in Planning for your future.

*Presented by James Zahansky, AWMA, researched using Broadridge Investor Communication Services - Copyright 2017. Weiss & Hale Financial Principal/Managing Partner and Chief Goal Strategist, Jim Zahansky offers securities and advisory services through Commonwealth Financial Network®, Member FINRA/SIPC, a Registered Investment Adviser along with Principal/Managing Partner, Laurence Hale, AAMS.*

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By EC-CHAP

In our January article we discussed the need to obtain feedback from our patrons and friends. We believe it is not only mandatory – but critical to know and understand what *you* are seeking from EC-CHAP, *your* regional cultural center. We’d like to know your interests in program content and frequency, education and instruction, performance genre, and preferred visual art formats.

We have been listening, and folks have mentioned interest in a dance program, a theater component, and health and wellness offerings. In response, and with the collaboration from award-winning dancer Kelly Madenjian, we are debuting our monthly “Social Dance Series” on **Thursday, March 8<sup>th</sup>, at 7:00pm**, which will continue on the 2<sup>nd</sup> Thursday of the month.

We are also introducing our first theatrical offering on Sunday afternoon, April 15<sup>th</sup>. This original work, “*An Experiment in Performance: The Memory Play*”, was written and produced by Jeremy Geragotelis, and features regional actors Oliver Kochol and Kelly White.

We are also in discussion with several professionals willing to collaborate in the development of an holistic multidisciplinary “wellness program” that integrates yoga, meditation, massage, music, movement, and aroma therapy. More to come...

We would like to remind folks of the upcoming **Spring “First Sunday at The Mill Works”** scheduled for **Sunday, March 4<sup>th</sup>, from 12:00pm to 5:00pm**. This seasonal community event will feature resident artist open studios; the Gardiner Hall Jr. History Museum; performances by Hoop Dancer Judi Jones, Surfer Band “The Crustaceans”, and Singer/Songwriter Curtis Brand; interactive art activity with Chris Gunderson and Carol Mackiewicz; painting demonstration by Jack Broderick; period 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 3<sup>rd</sup>, at 7:30pm**. Patti will introduce her work at the show Saturday evening ([www.pattirothberg.com](http://www.pattirothberg.com)).

This month, the EC-CHAP “**Information Exchange Meeting**” is scheduled on **Thursday, March 15<sup>th</sup> at 7:00pm** in The Packing House. These monthly meetings serve as a great opportunity to learn more about EC-CHAP and time to share your thoughts and feedback. Refreshments provided. We encourage you to visit our website at [www.ec-chap.org](http://www.ec-chap.org) or [www.thepackinghouse.us](http://www.thepackinghouse.us).

Wishing you a Happy Spring!

EC-CHAP Board

## MARCH PERFORMANCES AND FILM SHOWINGS

### EC-CHAP Jazz Series:

**KEVIN HARRIS PROJECT.** Saturday, March 10<sup>th</sup>, 7:30pm



Join us for the Kevin Harris Project’s debut appearance at The Packing House! The nature of the Kevin Harris Project is a highly interactive compilation of repertoire that seeks to interpret a message of strength and curiosity through mostly original compositions and occasional American standards. Harris believes the intersection of classically influenced music, American traditional jazz, and Afro-Latin rhythms is the perfect spring board for exciting conversations with the members of his group.

When the unmistakable musical influences of Thelonious Monk and Charlie Parker intersect with J.S. Bach,

Scott Joplin, and the folkloric rhythms of Cuba, could one possibly conceptualize the celebration that occurs at that intersection? New York-based jazz pianist Kevin Harris plays a distinctive combination of traditional and contemporary music that seeks to explore such a crossroad. Kevin will be joined by **RICHIE BARCSHAY** (drums) and **TRACY EINSTEIN** (actress/dancer/poet). 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.).

**GREG ABATE QUARTET.** Saturday, March 24, 7:30pm

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



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

Greg will be joined at The Packing House on March 24<sup>th</sup> by MATT deCHAMPLAIN on piano, LOU BOCCIARELLI on bass, and BEN BILELLO on drums. Doors 7:00pm / Show 7:30pm. Tickets \$20.00 Advance (online) / \$25.00 Door. Special student pricing \$10.00 at the door (with valid I.D.).

### EC-CHAP Acoustic Artist Series:

**THE MUSIC & ART OF PATTI ROTHBERG** (*Rock/ Indie*). Saturday, March 3<sup>rd</sup>, 7:30pm

Patti Rothberg, a Scarsdale, NY native and NYC resident is a multi-instrumentalist, Rothberg played all the guitar and bass parts on her 1996 debut album, *Between the 1 and the 9*, the title referencing the subway platform where she used to busk. It went on to sell over 250,000 copies in the US and another 200,000 in Europe and Japan. The first single, “Inside”, reached number 25 on Billboard’s Alternative Chart.

Patti made appearances on high profile TV shows like Late Night With David Letterman, The Tonight Show with Jay Leno, and The Oprah Winfrey Show. A cover of “Kung Fu Fighting” was featured in the 1997 release of *Beverly Hills Ninja*, and her song “Forgive Me” was featured in the 1998 film *The Misadventures of Margaret*. She recently released her seventh full length album, *Ephemeral*, December 7, 2017.

In addition to her music credits, Rothberg has



Patti Rothberg self-portrait.

also been creating beautifully rendered impressionistic and abstract renderings for nearly four decades. Her primary focus is a concentration of portrait work in acrylic, but has also explored a multitude of subject and medium, including oils, pen and ink, pastel, etching, lithograph and fabric paint ([www.pattirothberg.com](http://www.pattirothberg.com)).

Patti is a graduate of Boston University (Dean’s List) and Parsons School of Design (New York and Paris) where she received the degree, Bachelor of Fine Arts, Illustration. She will introduce her art during this concert, and her work will be on display the following day at the Spring “*First Sunday at The Mill Works*”, March 4<sup>th</sup>, from 12:00pm to 5:00pm. Doors 7:00pm / Show 7:30pm. Tickets \$12.00 Advance (online) / \$15.00 Door.

**ERIC LEE** (*Folk/Blues/Bluegrass*). Friday, March 16<sup>th</sup>, 7:30pm

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

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



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



**AN EVENING WITH KEYBOARD ARTIST BOB MALONE** (*Rock/Blues/Jazz*). Friday, March 23<sup>rd</sup>, 7:30pm

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



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

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

**EC-CHAP Friday Night Film Series:**

**“All Things Must Pass: The Rise and Fall of Tower Records” (NR).** Friday, March 9<sup>th</sup>, 7:30pm

“‘All Things Must Pass’ (NR), 2015, is a documentary (written by Steven Leckart and directed by Colin Hanks) that explores the rise and fall of Tower Records, and its legacy forged by its rebellious founder, Russ Solomon.” - IMDb

Remember spending hours in the local record store... listening to recordings, reading cover notes, and focusing on album art? What happened to those good old days? Explore the journey of this leading national company, Tower Records, and the rise and fall of this industry through testimonials of major artists; but more importantly, through *your* own memories and experiences. Doors open at 7:00pm / Showing at 7:30pm. Suggested donation \$5.00.



**EC-CHAP Monthly Recurring Events:**

**“TALENT SHOWCASE” – 2<sup>nd</sup> Wednesday.** Doors 6:30pm / Show 7:00pm.



Our Talent Showcase is designed as a platform for local and regional performers to share their talent. Acoustic musicians, film makers, poets, comedians, jugglers, puppe-

ters, and creative artists of all ages are invited to perform. Showcase your work, test ideas and concepts, and solicit feedback. If you’re interested in performing, please call 518-791-9474 in advance to sign-up (recommended), or sign-in at the door (time available). Not performing? No problem! Come join us for an evening of great talent. Invite everybody you know! Free.

**“EC-CHAP SOCIAL DANCE SERIES WITH KELLY MADENJIAN – 2<sup>nd</sup> Thursday.** Doors 6:30pm / Dance 7:00pm.

Enjoy a lovely evening out social ballroom dancing. Each month will feature a beginner ballroom dance lesson. After the lesson stay or join us for a fun social dance to all your favorite ballroom hits. Viennese Waltz to West Coast Swing and everything in between. All levels welcome. Partner not required. \$10.00 at the door.



**“YOUR DRUM CIRCLE WITH BOB BLOOM” - 3<sup>rd</sup> Tuesday.** Doors 7:00pm / Drumming 7:30pm.

Calling first-time drummers and those with seasoning drum rollick together. Bring your favorite hand drums. You’re drumless? No problem. Your heart and hands can enjoy the djembes, doumbeks, tubanos, and bongos from the colorful cargo that Bob is trucking to the shindigs. \$10.00 at the door.



**TICKETS, RESERVATIONS, CANCELLATIONS, AND CONTACT**

Tickets for all shows and program registrations can be purchased online at [www.thepackinghouse.us/upcoming](http://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](http://www.thepackinghouse.us) for the secret recipe.

Program cancellations will be listed on the EC-CHAP website ([www.ec-chap.org](http://www.ec-chap.org)), and The Packing House website ([www.thepackinghouse.us](http://www.thepackinghouse.us)). If you’re unsure, just call (518-791-9474).

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 EC-CHAP ([info@ec-chap.org](mailto:info@ec-chap.org)) or The Packing House ([info@thepackinghouse.us](mailto:info@thepackinghouse.us)).

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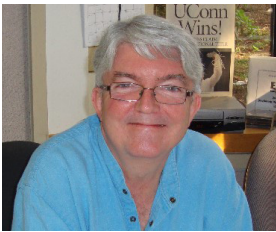
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The Neighbors Paper  
Black and White  
And Read All Over!!!



# Resources for Human Connection and Action

By John Murphy



This month I begin an expansion of my column in *Neighbors* beyond local media programs and producers—to include new and important information for the diverse and growing arts community in our region. We all need more conscious connection and communication across the channels and the pages and the web views.

This series will continue covering the locally-based electronic media channels and programs in our region—across all distribution platforms—radio, TV, cable, print and web-based. Valuable and relevant content is out there looking for audiences of common interest and value. The expression and energy of the arts in action can provide the message for the medium...and putting thought into action *first* is where change and unity begins. Sharing thoughtful change by creating unity in our daily lives is how we can build community.

This month’s highlights include:

1. Nominate an Arts Hero!
2. Make Music Day Connecticut 2018
3. Is There Room for Mansfield in UConn Nation? Growth vs Accountability/Part 5 in a Series.
4. Willimantic Ride Along Series—New Video Posted!
5. Listing of Local Media Program Resources

## Nominate an Arts Hero—the Deadline is March 23!

The Arts Hero Awards honor Connecticut residents who are doing extraordinary things in, for or through the arts. The 2018 Arts Hero Awards theme is RESILIENCE!

Resilience is that ineffable quality that allows some people to be knocked down by life and come back stronger than ever. Rather than letting failure overcome them and drain their resolve, they find a way to rise from the ashes. Some of the factors that make someone resilient are: a positive attitude, optimism, the ability to regulate emotions, and the ability to see failure as a form of helpful feedback. Even after misfortune, resilient people are blessed with an outlook that they are able to change course and soldier on. (Psychology Today)

Do you know a special someone – a HERO – who is resilient and is doing extraordinary things in, for or through the arts in their community? If yes, please nominate them for a 2018 Arts Hero Award! You can do so by completing the [nomination form](#). The deadline to submit a nomination is Friday, March 23, 2018.

All nominations go to the Awards Committee at the Connecticut Office of the Arts—and one hero from each arts service region will be chosen. The 2018 Arts Hero Awards will be presented in Hartford on Wednesday, April 25 on Connecticut Arts Day 2018! More information is available at [www.windhamarts.org](http://www.windhamarts.org).

## Make Music Day Connecticut 2018—A Statewide Solstice Music Festival on June 21!

The Solstice this year will be very special across our state as Connecticut joins the growing musical movement called *Make Music Day*. The Connecticut Office of the Arts is partnering with its Regional Service Organizations (RSO’s) to join 71 other cities across the country on June 21, 2018—and over 800 cities in 120 different countries across the planet!

Much more information is coming on March 8 with the statewide launch of a dedicated website that will bring this great opportunity to everyone who makes or presents music in our region. This is just a preview.

Each Make Music city is independently organized. As the designated RSO for northeast Connecticut, Windham Arts will coordinate many local promotions and communicate with participants throughout its 36 town service area. The website will always have the latest information available—at [www.windhamarts.org](http://www.windhamarts.org).

What ties everything together is the nonprofit Make Music Alliance. When musicians and locations join Make Music online, they go to their local city’s website and register using embedded matchmaking software, pro-

vided by the Alliance to each member city.

Using these tools, any musician can sign up, describe their music, and request performance space. Stores, buildings, gardens, and other locations register to host these musicians, providing electricity, equipment, and promotion. Like an internet dating site, musicians and venues search through the listings to find each other and make arrangements for June 21st concerts. The software then creates an interactive map and searchable listings for each city, displayed on the local site, and on smartphone apps for iOS and Android. Hi tech and local.

Amateur musicians of all ages and genres can play for some of the biggest crowds of their lives. Everyone can experience the joy of performing, even those without the skills or connections to find gigs in regular venues. Professional artists and presenters showcase their music to a new audience, reaching people who would never normally hear their work. It’s the best of both worlds in celebration of what brings them together—music!

Local business districts attract customers by hosting musicians in front of shops and restaurants. For neighbors, it’s a chance to turn ordinary sidewalks and streets into impromptu stages, dance floors, and social meeting points, and bring their community together. For the city as a whole, it’s a way to attract tourists from other parts of the region to come experience the city’s cultural richness. And through the Make Music Alliance, it’s a way to showcase the city’s local music scene through a nationwide PR campaign and listings platform on June 21.

It all started 35 years ago in France. In 1982 when staff at the Ministry of Culture dreamed up an idea for a new kind of musical holiday. They imagined a day where free music would be everywhere, all around the city: street corners, parks, rooftops, gardens, and store fronts. And, unlike a typical music festival, anyone and everyone would be invited to join and play music, or host performances.

The event would take place on the summer solstice, June 21, and would be called *Fête De La Musique*. (In French, the name means both “festival of music” and “make music”.) Three decades later, the holiday has spread throughout the world. And now, the Quiet Corner can make some joyous noise on Solstice 2018!

This celebration will be covered widely in local community media and anyone interested in participating in any aspect of this great event should contact me via email at: [john@windhamarts.org](mailto:john@windhamarts.org). More information is available at [www.windhamarts.org](http://www.windhamarts.org).

## Is There Room for Mansfield in UConn Nation?

### A Multi-Media Exploration of the Limits of Power (Part 5 in a Series)

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. This series is sharing research into a large source of deep community concern, political frustration and unhappiness regarding the quality of the relationship between UConn/Storrs and its host community. There is a long history to be explored—the three primary areas of UConn expansion and development that have triggered local resident concern are land use, water use and housing.

A review of the history shows many cycles of success and local stress going back for decades to the early 1900’s. 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*. It is online at [www.charlesvidich.com](http://www.charlesvidich.com). Anyone reading this should take a look—it is eye opening!

Among other things, the purpose and role and power of the Mansfield Town Council in this complex relationship has been reviewed in past programs. One interesting aspect has emerged and will be shared in future programs. Is it possible that local citizen concern has been misplaced at some times—and directed at the wrong place? In what areas is the University of Connecticut accountable to the town government? And where do citizens go with proposals for change or correction in areas where the Council has no authority? The past and current status of these linkages to state and other authorities will be a part of future conversations.

The two most recent programs in this local TV series are available online at:

January 2018: <https://communityaccessstv.viebit.com/player.php?hash=a8jwNSXo0goC>.

October 2017: <https://communityaccessstv.viebit.com/player.php?hash=M48ph8eaCbbs>

Later in this series 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 past and future plans, share their context and priorities, and provide clarity, insight and reassurance to the people in our region.

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](http://www.wecsfm.com). TV and radio programs are on social media at the Facebook page of the Mansfield Neighborhood Preservation Group.

## Local Media Takes a Ride Along on WRTD—Join Us!

### Willi Ride Along Photo

### New Ride Posted February 24, 2018—Enjoy!

## A Fusion of Public Access TV, Local Radio and Neighbors—a Traveling Community Conversation

Do you know what a “ride along” is? It can refer to the unique opportunity when a citizen travels with a police officer as a witness/ observer during a duty shift. Last year I started a series of occasional *WRTD ride alongs* on the various routes that criss-cross our region.

Eastern student media teams and free lancers travel with the public for two-hours at a time—and sit in the rear section of the vehicles to stay out of the way of passengers. They just hang and see who would like to say something to our community. Simple, easy and potentially joyous, crazy, interesting, revealing and inspiring.

Their mics and a small camera can provide you with a unique opportunity to sound off, tell your story, and share your comments and concerns about the issues of the day and how they impact you and people in our region. The latest ride is online at: <https://youtu.be/fe3-SWEcn00>. Enjoy!

## Other Community Media Resources for Our Region

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

### Neighbors Newspaper/Magazine

Monthly print version distributed throughout 22-town region in the Quiet Corner.

Available online in color at [www.neighborspaper.com](http://www.neighborspaper.com) with full archive

Contact Tom King, Owner/Publisher, as [neighborspaper@yahoo.com](mailto:neighborspaper@yahoo.com)

[Send calendar/event listings to “Attention Dagmar Noll” in Subject Line](#)

### Local Radio Programs

*Windham Arts Radio Review*, Wednesdays 5-6 pm on WILI AM 1400 and FM 95.3

*The Pan American Express*, Tuesdays 12—3 pm on WECS 90.1 FM and [www.wecsfm.com](http://www.wecsfm.com)

Guests invited! Email [john@windhamarts.org](mailto:john@windhamarts.org)

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

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

1. Go to the website = [www.ctv192.com](http://www.ctv192.com)
2. Open the Programming Tab and select “watch programs.”
3. When you open you will see a display listing current shows
4. Make your selections based on the channel, program title, topic or date and enjoy!
5. *On the Homefront* is also on Channel 192 Tuesdays 2:30 pm, Thursdays 8:00 pm and Saturdays 2:00 pm.

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

So that’s it for this issue. Thanks for reading and best wishes, see you in the spring!

John Murphy  
[john@humanartsmedia.com](mailto:john@humanartsmedia.com)



# Our Community Calendar

Compiled By Dagmar Noll

### March 1, Thursday

**Puppetry:** American Puppet Modernism: The Early 20t Century with Steve Abrams, John bell, and Bart. P. Roccoberton, Jr., 7:00p.m. Ballard Institute & Museum of Puppetry, Ballard Institute Theater, 1 Royce Circle, Suite 101B, Storrs. Info: bimp.uconn.edu 860-486-8580  
**Yoga:** Yoga Fundraiser for SNAP, 7:00p.m. Sugg. Donation \$5-10. BYO mat or towel. Covenant Soup Kitchen, 220 Valley St, Willimantic.  
**Painting:** February Paint Night!, 7:00p.m. - 9:00p.m. \$35. Van Gogh night, no experience necessary. Arts Center East, 709 Hartford Tpke, Vernon.

### March 2, Friday

**Theatre:** Fat Pig, 7:30p.m. \$12-19. Comedy. Windham Theatre Guild, 779 Main St, Willimantic. Tickets: 860-423-2245 www.windhamtheatreguild.org  
**Live Music:** First Friday with the Bandaleros, 6:00p.m. - 9:30p.m. The Windham Club, 184 North Windham  
**Skill Share:** Sedum Planters with Dede Delaney, 7:00p.m. - 9:00p.m. \$45. Create your own Sedum planter. Kerri Art Studio, 861 Main St, Willimantic. Info: www.kerriquirk.com  
**Hiking:** Worm Moon Hike at Goodwin Forest, 7:30p.m. - 8:30p.m. Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Register: 860-455-9534 jasper.sha@ct.gov

### March 3, Saturday

**Kids:** Women Take Flight, 10:00a.m. - 4:00p.m. \$10-15. Meet women pilots, engineers and aerospace professionals, experience flight simulators, and more at the New England Air Museum, 36 Perimeter Rd, Windsor Locks, CT. Info: 860-623-3305 www.neam.org  
**Skill Share:** Maple Sugar House Tour, 1:00p.m. - 3:00p.m. visit a local Hampton sugar house at Bright Acres Farm in Hampton. Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Register: 860-455-9534 jasper.sha@ct.gov  
**Kids:** New England Regional Children’s Music Network Song Swap, 2:00p.m. - 4:00p.m. 113B Paine Rd, Pomfret Center. RSVP: sally@sallyrogers.com 860-377-1127  
**History:** Hysterical Historicals at the Mill Museum, 1:00p.m. Discussion and show and tell for people who love Willimantic. Windham Textile & History Museum, 411 Main Street, Willimantic. Info: 860-456-2178 www.millmuseum.org  
**Live Music:** The Music and Art of Patti Rothberg (Indie / Rock), 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

**Theatre:** Fat Pig, 7:30p.m. (See 3/2)

### March 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  
**Art:** First Sunday at the Mill Works, open artist studios, 12:00p.m. - 5:00p.m. The Packing House at The Mill Works, 156 River Road, Willington, CT 06279. Info: 518-791-9474. www.thepackinghouse.us  
**Theatre:** Fat Pig, 2:00p.m. (See 3/2)  
**Live Music:** Aztec Two-Step, 4:00p.m. \$30. The Bread Box, St. Paul’s Church, 220 Valley St, Willimantic. Tickets: Willimantic Food Co-op or 86-420-4220 www.breadboxfolk.org  
**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

### March 7, Wednesday

**Kids:** LEGO Fun!, 4:00p.m. - 5:30p.m. Ages 7+. Play with thousands of LEGOs at the Willimantic Public Library, 905 Main St, Willimantic. Register: 860-465-3082 x3.  
**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

### March 8, Thursday

**Dance:** Social Dance Series with Kelly Madenjian (Ballroom, Swing, Latin, etc.) \$10. Features a beginner ballroom dance lesson followed by fun social dance. All levels. The Packing House at The Mill Works, 156 River Road, Willington, CT 06279. Info: 518-791-9474. www.thepackinghouse.us  
**Yoga:** Yoga Fundraiser for SNAP, 7:00p.m. (See 3/1).

### March 9, Friday

**Film:** “All Things Must Pass: The Rise and Fall of Tower Records” (NR). \$5 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.

### March 10, Saturday

**Skill Share:** Winter Backpacking, 10:00a.m. - 12:00p.m. Info session with Reach Your Summit owner and guide Mat Jobin. Goodwin Forest Conservation Education Center, 23

calendar continued on another page

## Song-a-Day Music Center

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# Woman Who Runs with the Werewolves

By Mark Mathew Braunstein  
www.MarkBraunstein.Org

*Good Girls on Bad Drugs: Addiction Nonfiction of the Unhappy Hookers* portrays the shattered lives of drug addicts who, in their hustle for drugs, became streetwalkers and internet escorts. The book chronicles the sex workers of Willimantic, New London, Norwich, and Connecticut’s two casinos. This is the third excerpt from the book in *Neighbors*, the first two having appeared in the September and October 2017 issues. Part Two of this chapter will appear in April 2018.  
www.GoodGirlsOnBadDrugs.com

## PART ONE

Known in Willimantic as Liz, Elizabeth Anne Gagne gravitated to Willi because its dope was plentiful and powerful and cheap. Its notoriety proved so enduring that she holed up there for the next 11 years except for her several respites as Connecticut Inmate Number 154637. When she first arrived on the street scene, Liz was easily mistaken for a student at ECSU because the university’s campus perches just north of downtown Willimantic. Liz enhanced her collegiate look with a book backpack that never lugged a book. Her backpack both disguised the monkey on her back and contained the drug works she used to pacify her jumpy monkey.

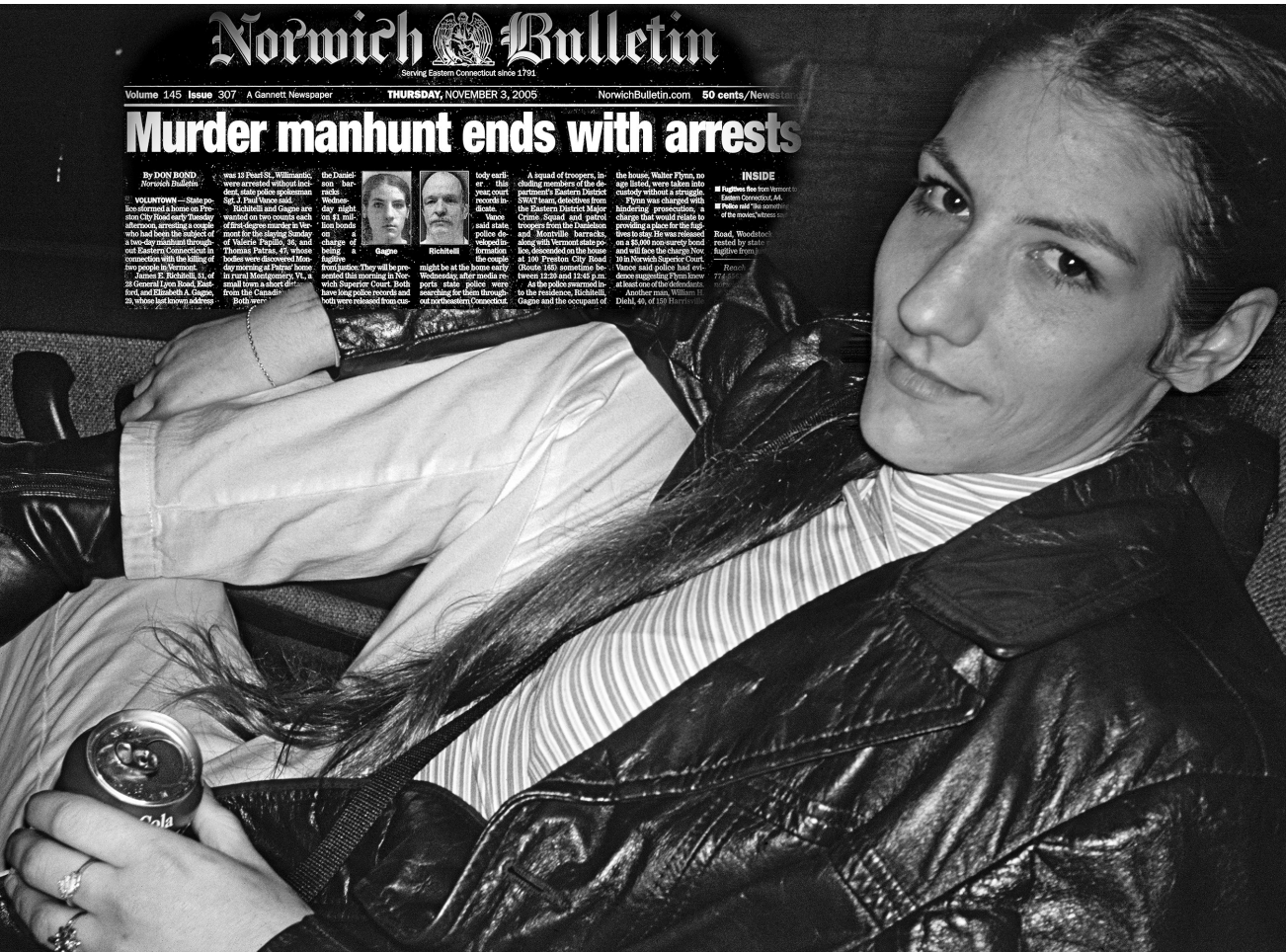
She lost that daypack when she left it behind in the car of some john. But she had not yet lost her look of youth and innocence. Liz retained the sort of face that reminded a john in his sixties of his first love in his teens. His was a long and distant memory, hers a long and doleful face. She was always frowning but, if she could have faked a smile, she might have verged on the beatific. Yet, because she had little to smile about, she seldom smiled.

Eventually, she no longer found pleasure even in drugs. Without a smile, she still looked attractive enough from a distance and in the dark. Up close and by the dim dome light inside a car, however, the clearly visible track marks on her hands and arms should have been enough to scare off even the most jaded of johns. But that sight was common among Willimantic streetwalkers, all who were injection drug users. The darkened scars of track marks were notches carved on the wooden gunwale of a lifeboat. With each notch, the shipwrecked sailor marked her days adrift while awaiting rescue. But the search party arrived too late. They found her lifeboat empty. Only the notches attested to her plight.

IV drug users perforate their inner forearms first. When those veins collapse, shooters proceed to their hands and fingers, then their feet and toes. Their hand-to-hand combat is a losing battle as they count their remaining years on the fingers of one hand. Long-sleeve shirts substitute for long-term plans. Except in winter, gloves would garner even more notice than track marks. Gloves anyway must come off indoors or in cars where they are left behind, so sex workers remained barehanded. One of Liz’s street sisters was Ann Marie, Inmate Number 234210. Ann Marie’s thick pasty makeup concealed both her riddled wrists and her blemished face. That was before Ann Marie nodded out and rammed her borrowed car into a commuting ECSU student, abruptly ending his education. Jailed for motorized manslaughter, Ann Marie had lots of time on her hands and time to heal those hands. Another colleague, Ambrosia, Inmate Number 270808, pulled her long sleeves over her hands, turtle-like, and held them into place with her pinching fingers. But not Liz. Liz hid nothing because she simply did not care. Though some of her stigmata were sore and bloody, she apparently suffered no social stigma, not within her small circle of dealers, junkies, and johns. Her caste of “untouchables” nevertheless got touched. Her sexual services were still sought.

Though Liz often injected coke with her dope, she was not skeletal, just slender. Tall, dark, and lean, she had a lanky look. Think Modigliani’s horizontal portraits of an odalisque sprawled across the couch but crowded inside the canvas. Likewise, Liz looked crowded in a passenger seat. And her long and slender arms and hands were covered with long and slender track marks. Elsewhere her skin was fair. Though chronically infected with hep C, her complexion was not yellow, just pale. She bathed daily, brushed her long hair regularly, dressed smartly, and wore only a scant scent of cigarettes.

Liz shot daily at least eight bags of dope and up to eight bags of coke. She shot the dope because she needed to and the coke because she wanted to. Somehow, she endured every emergency. And for heroin addicts, every day was an emergency. And every night a catastrophe. Heroin was so abundant in Willimantic that scoring was rarely one of those emergencies. Half semisocial butterfly and



Liz at age 26, photographed by the author.

half antisocial chameleon, Liz was lizard-like because that was what it took to cop drugs. And she made herself look presentable because that is what it took to fund her habit. Though adept at the role of a sex worker, her role was all cigarette smoke and bathroom mirrors. Liz was not a professional prostitute. Liz was only a professional addict. For johns, the pickup was all about sex. For sex workers, the sex was all about drugs. Male obsession and female addiction. Twin terrors.

Liz could excel at whatever task she chose, had she not first chosen to excel at drugs. For more than a decade, she had embraced the streets of Willimantic, remaining a destitute prostitute always hankering for her next fix to delay the inevitable hell of withdrawal. To Hindus, life within this earthly existence already is hell. To Buddhists, hell is a state of mind in which desires turn into nightmares. To junkies, their worst nightmare, from which they never wake, is their insatiable desire for heroin.

Liz speaks:

I was raised on a farm in Tolland, nice home, good family. In high school, I started getting high, partying all the time, doing coke on weekends, coming home smashed drunk. Three weeks before I was supposed to graduate from Tolland High School, I messed up my final exams and didn’t give a shit, so I ended up not graduating. I ended up going away. I left my parents a note “Mom, Dad, I’m going, sorry.” Whatever.

I ended up going to Boston. I met some people doing traveler’s checks scams. And they were buying heroin. I never did heroin before. I sniffed it. Later, I started black tar heroin. It’s sticky, so you really got to shoot it. I loved it. I was buying it every day. I was getting really screwed up. I was shooting crystal meth too. One night, this guy wanted to party. He’d already been drinking and taking pills. I shot him up, and he got really high. We ended up nodding out. The next morning I woke up, and the guy was bloated, all purple. He was dead. Oh my God! I started throwing up. It’s involuntary manslaughter, so my friends dragged him out to the sidewalk to leave him there.

Later, still doing dope, I went on tour following the Dead concerts. We were in Indiana. We couldn’t find dope. I was dopesick, just kept taking Percocets and Percodans, drinking and drinking. Then I shot dope. That’s all I remember. I wake up, there’s paramedics all around me. I couldn’t breathe. Blood was flying from my mouth. I remember going in and out of consciousness. I was in intensive care for five days. So I get out of the hospital. I go out into the lobby. There’s cops there. They say, “You’re under arrest for being a common nuisance.”

I had just turned 18, no longer a minor. They consider it a misdemeanor. I ended up doing 60 days in this real redneck county jail for the stupidest thing. It wasn’t even possession. During the whole time I was in there, I wanted to go home, back to my family, get into a drug rehab program, get my life together. So my mom wired me money. I went back to my mom’s house. I got

into a program. The whole time, I was doing it for the wrong reasons. I was doing it for my family, not for me. I was 19, started coming to Willimantic getting dope, driving from my mom’s house. Then I started living in Willimantic. I had a habit. That’s when I worked the streets. I moved into the Hotel Hooker. At that time all the girls lived there, streetwalking right in front of the hotel. This dope dealer, he gave me drugs every day, so I no longer had to work the streets. I would drive to Hartford to cop with him. I would hold the stuff, usually 40 bundles of dope, often two ounces of coke. We ended up getting arrested. My parents knew the bail commissioner, so they got me a deal. I ended up going to jail only three months. I got into a program, completed that, had two years probation. I was doing good for a while at my mom’s house, worked at a pizza shop. This whole time, I was dying to go to Willimantic. So one night, I went. Ended up going back to the same shit, working the streets, all drugged out, everything was crazy.

I violated my probation. I knew I had [arrest] warrants coming, so I ended up working the streets in New London. In New London, I ended up getting caught in a sting coping dope. So I ended up going back to jail. Walter [her sugar daddy] bonds me out. I came back to Willimantic. I was supposed to go to court, didn’t go to court. I was really screwed up. I knew a warrant was coming, I didn’t care. I had a huge habit. I was so skinny, I weighed like 110. One night I did four bags. I was so high. My eyes kept closing. I was nodding out really bad, so I went to get some coke. I was parked on the street. The cop came to my window. The cop said, “Liz, you look really bad. It’s time for you to go to jail. You need a rest.”

I did 16 months, came out on parole, violated that, went back, finished my time, got out. I used dope the day I got out. I’ve been on the streets ever since. I spent a week in jail last week. They detox you in there. I was so sick in lockup and in court. I got bonded out by Walter. I was detoxed when I came out. But I went right back to dope.

I’m sick of everything. I’m sick of the people, of the life, of the drugs. I used to be into so many things. Now I don’t give a crap about anything. Now I don’t even know who I am. I just want a friend. I’ve got no friends. This old guy I’m with, Walter, I’ve been with him for five years. He says how much he loves me. He’s always saying, “Love, Love, Love.” But he doesn’t fucking love me. He doesn’t understand anything.

I don’t need sex, I’m so sick of sex. Even guys who don’t know what I do, when they see me, they hit on me or make some comments. I’m so sick of that. I’m so sick of people. I love my mom. I miss my family. I want love. I want my mommy.

Coming in the April 2018 issue of *Neighbors*, Part Two of Woman Who Runs with the Werewolves: Liz is Arrested and Convicted for a Double Murder.



Potter Road, Hampton. Info: 860-455-9534 jasper.sha@ct.gov

**Kids:** Travel to Ireland, 2:00p.m. \$5. Includes an activity, craft, story and snack. Windham Textile & History Museum, 411 Main Street, Willimantic. Register: 860-456-2178 www.millmuseum.org

**Agriculture:** Farm Tours, 10:00a.m. - 4:00p.m. See syrup production firsthand, visit the yak, taste the syrup and more at Cedars of Lebanon Farm LLC, 197 Scott Hill Rd, Lebanon.

**Live Music:** Kevin Harris Project (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”TM (Wine & Beer Only - I.D. Required). Info and table reservations call: 518-791-9474. www.thepackinghouse.us

**Live Music:** Lion’s Gate Trio, 7:00p.m. Free. Emanuel Lutheran Church, 60 Church St, Manchester. Reception follows. Info: www.lionsgatetrio.com

**March 11, Sunday**

**Skill Share:** The Apiary Series: Continuing Your Hive, 1:00p.m. - 2:30p.m. Third 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 3/4)

**March 12, Monday**

**Film:** Fruitvale Station, 7:00p.m. Storrs Unitarian Universalist Church, 46 Spring Hill Rd, Mansfield. Info: 860-428-4867

**March 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, 7:00p.m. - 9:00p.m. (See 3/7)

**March 15, Thursday**

**Hiking:** Senior Walk, 12:00p.m. - 2:30p.m. (See 3/14)

**Yoga:** Yoga Fundraiser for SNAP, 7:00p.m. (See 3/1).

**March 16, Friday**

**Live Music:** Eric Lee (Folk / Bluegrass), 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

**Singing:** Sing! Quiet Corner Song Swap, 7:00p.m. Vanilla Bean Cafe, 240 Deerfield Road, Pomfret

**March 17, Saturday**

**Nature:** Living in Harmony with Mother Earth: South Direction, 10:00a.m. - 11:30a.m. Mohegan tribal member Chris Harris “Turtle” returns for a in-depth look at living in harmony with Mother Earth. Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Register: 860-455-9534 jasper.sha@ct.gov

**History:** Museum Lyceum: Flu Pandemic of 1918, 4:00p.m. Windham Textile & History Museum, 411 Main Street, Willimantic. Info: 860-456-2178 www.millmuseum.org

**Dance:** St. Patrick’s Day Dinner & Dance, 5:00p.m. - 12:00a.m. \$20. Baked Stuffed Chicken dinner and music by the Outriggers. Elks Lodge, 198 Pleasant St, Willimantic

**Sunday March 18**

**Skill Share:** Citizen Science Training: Sparrow Swap Project, 1:00p.m. - 3:00p.m. Learn how to properly collect house sparrow eggs and send them to Sparrow Swap for anaysis. Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Register: 860-455-9534 jasper.sha@ct.gov Info: scistarter.com/project/1380-Sparrow-Swap

**Meditation:** Willimantic Mindfulness Sangha Meditation, 7:00p.m. - 8:30p.m. (See 3/4)

**March 20, Tuesday**

**Book Club:** “Reading the Foreested Landscape”, Tom Wessels, 2:00p.m. - 3:00p.m. Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Register: 860-455-9534 jasper.sha@ct.gov

**Skill Share:** Woods Forum: Mushrooms, Syrup, Ginseng and More!, 6:30p.m. - 8:30p.m. CT woodland owners and conservation professionals share info and experiences for healthy woodland management. Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Register: 860-455-9534 jasper.sha@ct.gov

**Live Music:** Drum Circle with Bob Bloom, 7:30p.m. \$10. 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: 518-791-9474.

**March 21, Wednesday**

**Author:** Book Lecture with Llana Barber, “Latino City: How Puerto Ricans and Dominicans fought against urban crisis and transformed Lawrence, MA”, 3:00p.m. - 4:30p.m. Webb Hall 110, Eastern CT State University, 83 Windham St, Willimantic.

**Skill Share:** Djembe Drumming Lessons, 7:00p.m. - 9:00p.m. (See 3/7)

**March 22, Thursday**

**Yoga:** Yoga Fundraiser for SNAP, 7:00p.m. (See 3/1).

**March 23, Friday**

**Skill Share:** Bark ID for Goodwin Trees, 3:30p.m. - 5:30p.m. Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Register: 860-455-9534 jasper.sha@ct.gov

**Community Food:** Hampton Elementary Spaghetti Dinner & Basket Raffle, 5:00p.m. - 7:00p.m. Fundraiser for 6<sup>th</sup> graders week at Nature’s Classroom. Tickets may be purchased at the door. 380 Main St, Hampton.

**Live Music:** An Evening with Songwriter and Keyboard Artist Bob Malone (Jazz / Blues / Jazz), 7:00p.m. Tickets \$20.00 online / \$25.00 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”TM (Wine & Beer Only - I.D. Required). Info and table reservations call: 518-791-9474.

**March 24, Saturday**

**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:** Spinning Bee, 10:00a.m. - 2:00p.m. Bring your spinning wheel or other fiber project and a lunch, and spin with friends. Windham Textile & History Museum, 411 Main Street, Willimantic. Info: 860-456-2178 www.millmuseum.org

**History:** Mill of the Month goes to the Hall Mill story in South Willington, 11:00a.m. \$5-8. Carpool from Windham Textile & History Museum, 411 Main Street, Willimantic. Register: 860-456-2178 www.millmuseum.org

**Fundraiser:** Plunge at the Lake, 10:00a.m. - 1:00p.m. Take a cold dip in the lake to raise funds for the Law Enforcement Torch Run for Special Olympics Connecticut. Register: give.classy.org/plungeatthelake

**Puppetry:** I Spy Butterfly 11:00a.m. & 2:00p.m. Ages 3+. Ballard Institute & Museum of Puppetry, Ballard Institute Theater, 1 Royce Circle, Suite 101B, Storrs. Tickets: 860-486-8580 or bimp.ticketleap.com

**Kids:** Discover Goodwin Forest-Lichen, 1:00p.m. - 3:00p.m. Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Register: 860-455-9534 jasper.sha@ct.gov

**Singing:** Sing! Quiet Corner Song Swap Annual Pete Seeger Tribute, 7:00p.m. \$10. Vanilla Bean Cafe, 240 Deerfield Road, Pomfret. Info: www.carryiton.org

**Live Music:** Greg Abate Quartet (Jazz), 7:00p.m. Tickets \$20.00 online / \$25.00 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”TM (Wine & Beer Only - I.D. Required). Info and table reservations call: 518-791-9474.

**March 25, Sunday**

**Live Music:** Rani Arbo & Daisy Mayhem / Hot Flashes, 4:00p.m. \$25. The Bread Box, St. Paul’s Church, 220 Valley St, Willimantic. Tickets: Willimantic Food Co-op or 86-420-4220 www.breadboxfolk.org

**Meditation:** Willimantic Mindfulness Sangha Meditation, 7:00p.m. - 8:30p.m. (See 3/4)

**March 28, Wednesday**

**Skill Share:** Djembe Drumming Lessons, 7:00p.m. - 9:00p.m. (See 3/7)

**March 29, Thursday**

**Yoga:** Yoga Fundraiser for SNAP, 7:00p.m. (See 3/1).

**March 30, 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

**March 31, Saturday**

**Festival:** Great Easter Egg Hunt 2018, 10:00a.m. - 11:30a.m. Free. Face painting, touch-a-truck, fames, activities, snacks and the great egg hunt at Storrs Community Church, 90 Tolland Turnpike, Coventry.

**Festival:** Easter Eggstravaganze, 10:00a.m. - 12:00p.m. Easter egg hunt, bouncers, face painting, activities and more. Legion Fields, Windham Road, Willimantic.

**Skill Share:** Colonial Gardens, 1:00p.m. - 3:00p.m. Learn about Colonial medicinal gardens. Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Info: 860-455-9534 jasper.sha@ct.gov

**Hiking:** Blue Moon Night Hike at Goodwin Forest, 7:30p.m. - 8:30p.m. Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Register: 860-455-9534 jasper.sha@ct.gov

To all our contributors-

Thank You!

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

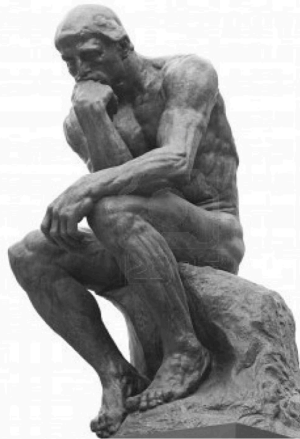
The Think and Do Club Wants You

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

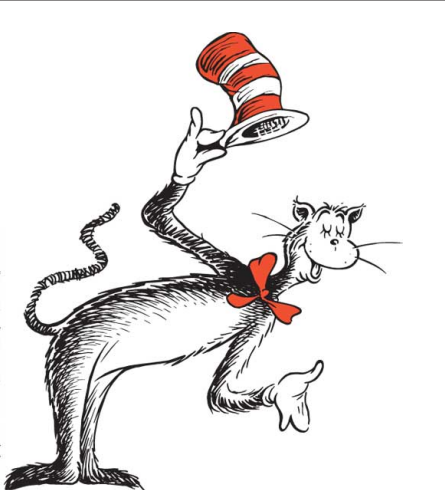


or topic, because life itself.. philosophical! So join us!


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

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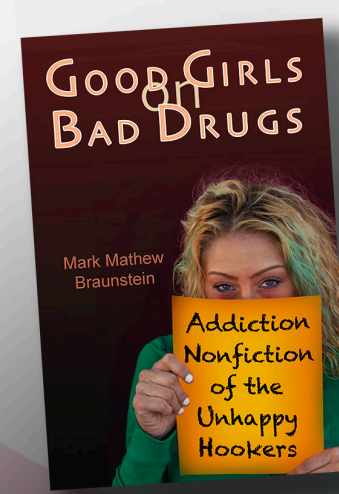


March 3  
10-11 a.m.



You're invited to  
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our two casinos

22 lives.  
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one life.  
And often,  
one death.

published fall 2017, the Paperback book & eBook are sold by all online booksellers

www.GoodGirlsOnBadDrugs.com

Read issues of Neighbors  
from January 2015  
to present in COLOR  
on our website:  
neighborspaper.com  
You will also find  
advertising and  
circulation information.



# Brahminism vs. Hindusim

By P.K. Willey, Ph.D.

Gandhi fought against Brahminism in India, portraying a different understanding of Hinduism. It is important to note the difference between Brahminism and Hinduism. Brahminism refers to the socialized aspect of Indian culture which adheres to clearly defined roles for people based upon perceptions of caste differentiation (with innumerable subsects), an awareness of what those constructs mean and how they work social interactions. We hear of outrageous inequalities, of rank injustices against people for no other reason than that some consider them ‘lesser’ than themselves; worse, carried out by co-religionists. That these oppressed people do not even think of standing up and handing-back a good thrashing demonstrates how well the system works, how deeply it has been ingrained into those it oppresses. Its perfect for ruthless models of ‘business’. John Taylor Gatto notes: “Hindu Castes looked like this:

- The upper 5% was divided into three “twice-born” groups.
1. Brahmins – Priests and those trained for law, medicine, teaching, and other professional occupations.
  2. [Kshyatria – ] The warrior and administrative caste.
  3. [Vaishya – ] The industrial caste, which would include cultivators and mercantile groups.
- The lower 95% was divided into
1. [Shudra – the wide range of highly skilled producers of artisan products held as - ] The menial caste.
  2. [Dalits, the depressed, whom Gandhi called Harijan – Children of God] Pariahs, called ‘untouchables’.

“The entire purpose of Hindu schooling was to preserve the caste system. Only the lucky 5% received an education which gave perspective on the whole, a key to understanding. In the actual practice, warriors, administrators, and most of the other leaders were given much diluted insight into the driving engines of the culture, so that policy could be kept in the hands of Brahmins. But what of the others, the “masses” as Western socialist tradition would come to call them in an echoing tribute to the Hindu class idea? The answer to that vital question launched factory schooling in the West.” During his years outside of India Gandhi personally experienced being regarded as less-human-worthy by Europeans. He studied the roots and principles of Santhana Dharma (Hinduism), returning with an adamant zeal to reform Hindu culture of self-defeating defects of Brahminism and pariah-ism:

“Hinduism is not an exclusive religion. In it there is room for the worship of all the prophets of the world. It is not a missionary religion in the ordinary sense of the term. It has no doubt absorbed many tribes in its fold, but this absorption has been of evolutionary, imperceptible character. Hinduism tells everyone to worship God according to his own faith or Dharma, and so it lives at peace with all the religions. That being my conception of Hinduism I have never been able to reconcile myself to untouchability. I have always regarded it as an excrescence. It is true that it has been handed down to us from generations; but so are many evil practices even to this day. I should be ashamed to think that dedication of girls to virtual prostitution was a part of Hinduism. Yet it is practiced by Hindus in many parts of India...untouchability is repugnant to reason and to the instinct of mercy, pity or love. A religion that establishes the worship of the cow cannot possibly countenance or warrant a cruel and inhuman boycott of the human being. And I should be content to be torn to pieces rather than disown the suppressed classes. Hindus will certainly never deserve freedom, nor get it, if they allow their noble religion to be disgraced by the taint of untouchability. And as I love Hinduism dearer than life itself, the taint has become for me an intolerable burden. Let us not deny God by denying to a fifth of our race the right of association on an equal footing.”

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He made the practice of ‘touchability’ an Ashram Observance/vow:

“This observance, therefore, is not fulfilled, merely by making friends with ‘untouchables’ but by loving all life as our own selves. Removal of untouchability means Love for, and service of, the whole world and thus merges into Ahimsa. Removal of untouchability spells the breaking down of barriers between man and man, and between the various orders of Being. We find such barriers erected everywhere in the world.”

Yet, Brahminism still rose up in the minds of even his wife and family.

“Kasturba (his wife), Maganlal Gandhi (his nephew) and Mrs. Maganlal had each of them some scruples in living with so-called untouchables. This came to such a pass that Kasturba should either observe ashram rules or else leave the ashram. But the argument that a woman in following in her husband’s footsteps incurs no sin appealed to her and she quieted down. I do not hold that a wife is bound to follow her husband in what she considers sinful. But I welcomed my wife’s attitude in the present case, because I looked upon the removal of untouchability as a meritorious thing. It would have been extremely painful to me if my wife had had to leave the ashram, seeing that she had been my companion all these days at the cost of great suffering. It was hard to be separated from her, but one must put up with every hardship that comes his way in the discharge of his duty. I had therefore no hesitation in accepting my wife’s denunciation of untouchability not as an independent person but only as a faithful wife.”

His nephew Maganlal, and wife, left for 6 months, learnt Shudra artisan skills, thinking over the issue. After they had genuinely rejected their social conditioning and Brahminism, they returned.

In welcoming an untouchable family into the ashram, Gandhi and co-workers faced immediate social censorship. The person who had been funding ashram expenses, ceased to do so and issues regarding drawing water from the larger community well were raised.

Three traditionally ‘untouchable’ labour tasks of latrine cleaning and sanitary service, and Shudra hand-loom weaving, and tannery work were given to everyone. In the ashram there was a common kitchen which everyone ate from, regardless of caste or ashram community status. Gandhi saw that

“The real anti-untouchability work carried on in the ashram is the reformed conduct of the ashramites. There is no room in the ashram for any ideas of high and low.” I shall tell you now one or two marks of a genuine worshiper of God. One is a spirit of friendliness and brotherhood for the oppressed and the depressed. This cannot express itself better than by befriending the Harijan and you cannot befriend him in a better way than by getting off his back, so that he may no longer remain the beast of burden and the downtrodden creature that we have kept him for ages, and that he may breathe and move free. To reform a newly forming India of this de-humanized mindset became a life long passion for Gandhi. He was to see Brahminism as a massive socially held lie and self-deceit. From Yeravda Central Prison, he wrote to the public:

Untouchability as at present prescribed is the greatest blot on Hinduism. It is (with apologies to Sanathanists) against the Shastras. It is against the Fundamental Principle of humanity, it is against the dictates of reason that a man should, by mere reason of birth, be forever regarded as untouchable, even unapproachable and unseeable. These adjectives do not convey the full meaning of the thing itself. It is a crime for certain men, women and their children to touch or approach with stated distances, or to be seen by those



N.Y. Times announcement of the end Gandhi's fast on untouchability. Gandhi resisted the division of Hinduism by the British based upon caste lines, and sought to reform it.

who are called caste-Hindus. The tragedy is that millions of Hindus believe in this institution as if it was enjoined by the Hindu religion.”

From every available platform, he goaded the public conscience:

Thanks to these hypocritical distinctions of high and low and to the fear of subsequent caste tyranny, we have, I think, turned our back on Truth and embraced falsehood. How can we be called Satyagrahis if, knowing that it is wrong to despise the scavenger, we still do so out of an unreasonable fear of members of our caste or other men? I wish that Indians who join this movement also resort to Satyagraha against their caste and their family and against evil wherever they find it. As for myself, I am convinced that it is because [of caste-mindedness] that the successful outcome of our struggle is being delayed. If it is true that we are all Indians, how can we cling to false distinctions and so quarrel among ourselves and, at the same time, demand our rights?”

Brahmin-ism was not Hindu-ism to Gandhi. Brahminism continues to reign in India today.

## Growing Plants With Medicinal Uses

Submitted by Deb Gag

The Ashford Garden Club will be sponsoring an event on Monday, April 2, 2018 from 7:00- 8:30 p.m. at Knowlton Memorial Hall (the Babcock Library) in Ashford, CT.

Herbalist Debra Hultgren will present “A Connecticut Medicinal Herb Garden: Growing and Using Plants for Home Grown Health” followed a Q&A session, refreshments, and free Sunflower seed packets for all! Come join us and get a jump on Spring gardening ideas.

The presentation will focus on gardening with plants that have medicinal uses. In Connecticut we can grow a large number of perennial herbs in small and large spaces, including pots. We can also successfully grow annual herbs interspersed among the permanent collection. Using herbs for nutrition, illness prevention and intervention at home can be easy and is something families have done for eons. The talk will illustrate some of the safest and easiest ways to use the plants we grow and that also grow around us as “weeds”. Examples will be provided both through visual media, plants and products. Handouts will be available.

Debra Hultgren is a local retired educator, master gardener and an experienced community herbalist. She has been helping people return to traditional practices by providing both historic information and new science about the plants around us. She maintains a small herb farm, makes her own herbal products and continues to mentor students through internships and workshops.

If you also would like to join the Ashford Garden Club, email Deb Gag [debragag@hotmail.com](mailto:debragag@hotmail.com)

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## Where to find The Neighbors Paper

### Ashford

Ashford Spirit Shoppe  
Wooden Spoon Rest.  
Terry's Transmissions  
Ashford Post Office  
Babcock Library  
KSK Market  
Hope & Wellness

### Bolton

Bolton Post Office  
Subway-Bolton Notch

### Chaplin

Chaplin Post Office  
Pine Acres Restaurant

### Columbia

Saxon Library  
Columbia Post Office

### Coventry

Highland Park Market  
Meadowbrook Spirits  
Coventry Laundromat  
Subway  
Booth and Dimock Library  
Song-A-Day Music

### Eastford

Eastford Post Office  
Coriander

### Hampton

Hampton Post Office  
Hampton Library

### Lebanon

Green Store  
Lebanon Post Office

### Mansfield/Storrs

Holiday Spirits  
Bagel Zone  
D & D Auto Repair  
Storrs Post Office  
Mansfield Senior Center

### All Subway shops

Starbucks  
People's Bank  
Storrs Comm. Laundry  
UConn Bookstore-Storrs Ctr.  
Tony's Garage

### Mansfield Center

Mansfield Library  
East Brook Mall  
Lawrence Real Estate  
Mansfield OB/GYN

### Mansfield Depot

Thompson's Store

### North Windham

Bagel One  
Subway  
No. Windham P.O

### Pomfret

Vanilla Bean Restaurant  
Pomfret Post Office  
Baker's Dozen  
Weiss & Hale

### Putnam

Antiques Marketplace  
Putnam Library  
Subway  
Putnam Post Office  
Ben's Beans

### Scotland

Scotland Library  
Scotland Post Office  
Scotland General Store

### South Windham

Bob's Windham IGA  
Landon Tire  
So. Windham Post Office

### Stafford

Middle Ground Cafe  
Subway  
Stafford Post Office

### Tolland

Birch Mountain Pottery  
Subway  
Tolland Library  
Tolland Post Office

### Willington

Willington Pizza  
Willington Post Office  
Willington Library  
Key Bank  
The Packing House  
Franc Motors

### Windham/Willimantic

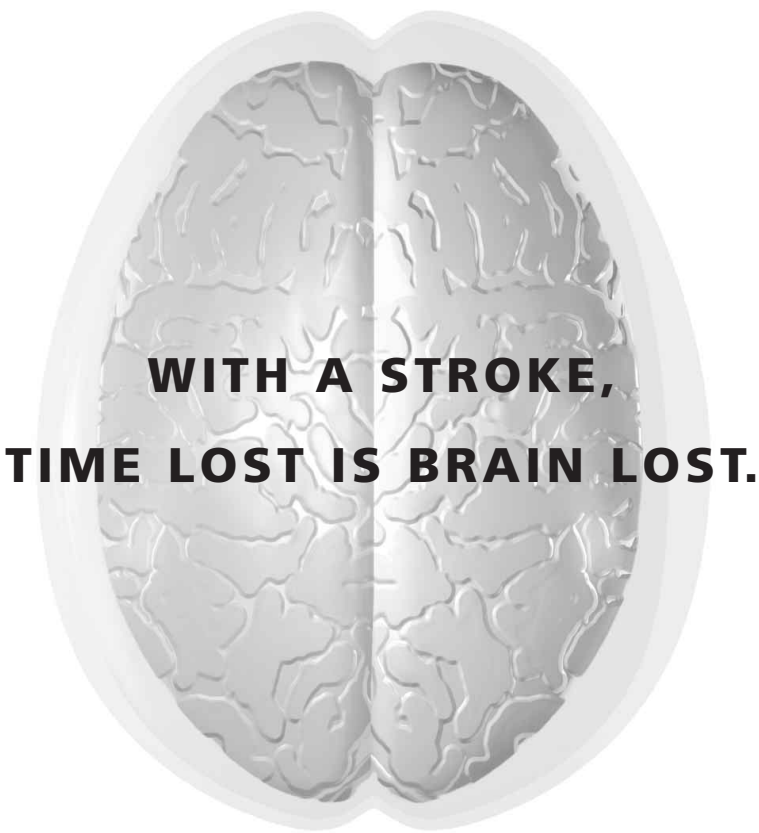
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Design Center East  
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Elm Package Store  
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Windham Eye Group  
Willimantic Records  
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If you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

Learn more at [StrokeAssociation.org](http://StrokeAssociation.org) or 1-888-4-STROKE.



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Dear Neighbors readers-

The Connecticut Wildcats was the first professional soccer team in Connecticut. Also the first professional soccer team in the U.S.A. with only American citizens on the team. A book is being written about the Connecticut team and will be published this coming August at the earliest.

Because it all started in Eastern Connecticut (Mansfield and Willimantic) we selected only two local papers to publish a little introduction of what will be coming in the book. Neighbors is surely well deserving to be the first.

We are also very proud that a woman, Judy Ingram, was not only one of the founders, but also a very important contributor to this successful operation. We feel Judy has not been given the credit she deserves, especially in those early days, now 45 years ago.

Paul Ingram, Lebanon

THE WOMAN BEHIND THIS SUCCESS WAS Lebanon Teacher JUDITH JAHODA INGRAM



1973 CONNECTICUT WILDCATS  
PROFESSIONAL SOCCER

THE FIRST MAJOR LEAGUE PRO-SOCCER TEAM IN THE STATE



First row (l-r): PLAYER-HEAD COACH Rene Koremans, Tony Giarratana, Julian Bevans, Tony DiCicco, Mickey Cohen, Ron McEachen, Bruce DeTora, Benny Brewster; Second row (l-r): TRAINER Gary Lussier, Pete Chartschlaa, Charlie McCully, Jon Scheffner, Phil Dulanto, Roger Hamilton, Scotty Smyth, Mickey Fitzgerald, Ed Zimmitti, PRESIDENT AND GENERAL MANAGER Paul Ingram.

“the best professional soccer team in America” - Clay Berling

In 1973 CLAY BERLING, the founder and Publisher of SOCCER AMERICA, the largest soccer publication in the USA, wrote in a letter to Wildcat’s owner and manager Paul Ingram, that the Connecticut Wildcats was “the best professional soccer team in America.” Between 1973 and 1974 Berling went on to publish more articles in Soccer America about the Wildcats than any other domestic or foreign team.

Although the Wildcats had 3 players playing on the USA National team and the Wildcats captain was also the USA National team captain, what Mr. Berling found most noteworthy about the wildcats was that it was a team made up entirely of American citizens ( 80% born in the USA). This was an unheard of occurrence at a time when some other Pro teams had as few as 10% of their players having Americans citizenship.

A copy of Berling’s letter, along with press releases, players interviews, and significant memorabilia accompany a rich historical account of the Connecticut Wildcats in Ingram’s soon to be published book. The book follows the Wildcats from formation to generating record-breaking attendance at Hartford’s Dillon Stadium, to the final dissolution of the American Soccer League and the tremendous influence the former Connecticut Wildcats players have had in helping form US Soccer as we know it today.



JUDITH JAHODA INGRAM

The Connecticut Wildcats had top quality people on their staff like Richard Roberts from Storrs the teams great public relation director, and Robert Gardiner from Mansfield the teams business manager, Rene Koremans the best young upcoming coach from the Netherlands. But Judith Ingram wife of Paul for 50 years was with no question the key to the success of the first Pro-Soccer team in Connecticut. Judy’s enthusiasm, very hard work, great people relation skills, and high level support to all departments of the Pro-Soccer team has been priceless.

As a woman she did not get the honor she deserved.

Non of the successes of the Wildcats, Tony DiCicco, players and coaches would have been materialized if not for this remarkable woman Judy.



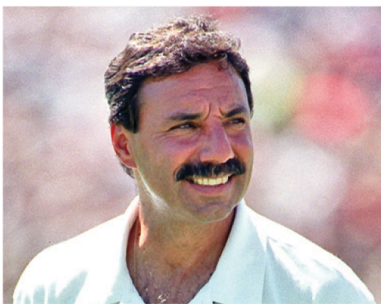
Soccer

A bouquet to the Connecticut Wildcats, whose acceptance in the American Soccer league and proposed move from Willimantic to Hartford will put the city back into major league sports for the first time in almost a century:  
The Wildcats, accepted this month

INGRAM: “THE KEY FOR MAKING A GOOD TEAM IS PICKING GOOD PEOPLE”

INGRAM’S FORMER PLAYERS BECAME HEAD COACHES FOR:

THE USA NATIONAL TEAM, THE USA OLYMPIC TEAM, THE USA U-20 NATIONAL TEAM,  
UNIVERSITY OF VERMONT, E.C.S.U., CONNECTICUT COLLEGE, BABSON COLLEGE, MIDDLEBURY COLLEGE  
SKIMORE COLLEGE, N.Y., BOSTON COLLEGE



Tony DiCicco many believe Tony to be the best coach in the US of all sports as he won the GOLD Medal in the OLYMPICS as well as the Gold in the WORLD CUP

Former U.S. Women’s National Team head coach Tony DiCicco is one of the most recognizable names in women’s soccer. DiCicco guided the USA to the 1996 Olympic Gold Medal and the historic 1999 World Cup championship, while accumulating a record of 103-8-8 - making him the all-time wins leader in U.S. National Team Soccer history.

For six years DiCicco was the head coach to the U.S. Women’s National Team His 1999 Women’s World Cup squad changed the face of women’s athletics forever, winning the championship over China in front of the largest crowd in women’s sports history (90, 185 at the Rose Bowl in Pasadena on July 10, 1999) and a worldwide television audience.

CHANGING THE FACE OF WOMEN’S ATHLETICS FOREVER

ONE CALL STARTED THAT CHANGE

In 1972 from the Wildcats office on 45 High Street Willimantic\* a phone call was made by UCONN soccer All-American Paul Ingram to SPRINGFIELD COLLEGE soccer All-American Tony DiCicco a teacher in Bellow Falls Vermont High School.

This call changed Tony’s and many other lives.

Paul has known Tony for many years, and always admired his potential, and asked Tony to play for the Connecticut Wildcats.

Tony signed his FIRST EVER-PROFESSIONAL SOCCER CONTRACT with Paul.

Paul’s expectations for Tony have been very high, but Paul underestimated how high. No coach in the world has ever won the Olympic Gold Medal and the Gold in the World Cup.

\*Soon the office moved from Willimantic to the new Constitution Plaza building in Hartford.

Hartford Times Page 1

City Back in Big Leagues  
As Soccer Franchise OK

By PETE ZANARDI, Times Sports Writer

Hartford will become a major league sports city for the first time since 1876 next summer and the sport will be soccer.

The Conntecticut Wildcats will represent the city in the American Soccer League, the oldest of two profession soccer circuits now operating in this country.