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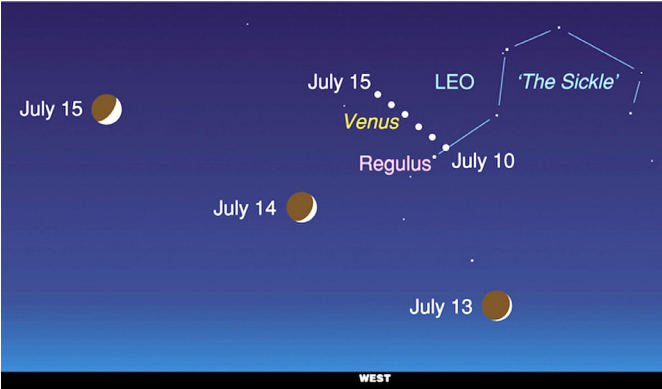
Reflections on productivity and enjoying life under the night sky

By Bob Grindle

As human beings we’re inclined to tinker with our surroundings. Never quite satisfied, we clear this and move that and shift something else into the spot where we think it will fit much better. It all works rather well when we busy ourselves with furniture, or wall hangings, lamps and cabinetry and such inside-the-house stuff; it’s easy enough to undo, and we have all undone some clever or cute little arrangement that seemed like a good idea at the time.

Coming ‘round to the out-of-doors, though, that Eastern Redbud (*cercis canadensis*) that seemed so perfect between the weeping cherry (*prunus pendula*) and Japanese maple (*acer palmatum*) has grown to be something of a beast. It now crowds and is, in turn, crowded. The beauty and appeal of each species is lost somewhat in the grow-together that has resulted from not quite following directions. We excuse ourselves--or at least I do--saying it has an “organic” look and vowing to not make the same mistake when we plant the pale blue-white lilacs (*syringa vulgaris patula*) we recently found on a nursery tour. Which brings me to the night sky.

Have you ever listened to a bit of music and thought, “I don’t know exactly what the author was trying to convey, but I know what it means to me”? There is a rock in the back yard. If you sit on it, you are looking south. It used to be under an old black oak tree that we had to cut down several years ago. We lost the oak but we gained some sky. Sitting there in the dusky evening, I’ll watch the bats dance across the pre-star sky to music I can only imagine I hear...Ray Charles, or Paul and Linda McCartney, or Mozart or Bach...but the stars and planets come out and the bats, like previews of coming attractions, fade into this theater of the dark...and the music continues. Early in July, around the second Monday, the 9th, shortly



after sunset—good gracious, that’s nearly 9:30—take a glance to the West and see a charmingly bright Venus outshining Regulus (the heart of Leo, the lion.) Allow me to take some poetic license here and suggest you hear Harry Chapin’s song of lost (perhaps not lost, but walked-away-from) love, *Taxi*. Venus is the song writer’s old flame, in the back seat to Regulus, suddenly recognizing and recalling. Those two bright lights in the gathering night sky to the west are Venus, above, and Regulus, ever so slightly below.

If you pull an all-nighter--does anyone other than students do that any more?--you’ll see, on the morning of July 10th, looking East this time, slightly before sunrise, a decreasing (waning) Moon cradling Aldebaran, the reddish eye of Taurus. A few days later, about 9 o’clock at night on the 14th, this is a toughie, you might see a tiny shaving of waxing (increasing) Moon right next to (slightly above) Mercury. Pull out the binoculars for this if you don’t have the eyes of a falcon. A few days in the Sun and I have to reflect on the conditions that must prevail on Mercury after a few billion years drenched in Sun and only a third as far from the Sun as Earth.

As the month draws to a close, it is fair to say as the month wanes, the waxing gibbous Moon is right above Jupiter on the 20th, and a nearly full Moon on the 24th practically engulfs Saturn. It’s a little after sunset, of course, as we’re watching the Moon cross the darkening sky. A few nights later and the full Moon is just above Mars.

Occasionally, I feel guilty about sitting and pondering. There are things to be done! We are human beings, after all, and in this age of the *Anthropocene*, should we waste even a moment? I remember a question from the oldest resident of Gas City, Indiana, where I grew up: ”What’s the rush?” Mr.Thornburg would drive his model “T”--yes, model “T”--yours truly in tow, into the local quarter-sections of woods, and harvest (probably illegally) bloodroot, yellowroot, ginseng and goldenseal. His wife, Fannie Thornburg, would turn these fascinating herbs into their cure-alls of the time. Pete and Fannie seemed to me fairly ancient—Pete had been born in 1853, certainly very healthy, and more active than anyone else I knew, and I was a baby, single digits, but the lesson has stuck. What’s the rush?

From time to time, we all hurry along some piece of the trail of our lives. We can be admonished to ‘stop and smell the roses’ or reminded that ‘you only pass this way once’ or maybe it’s put that ‘this is not a dress rehearsal’. Sitting on the rock where an old oak used to be, watching the bats herald the coming star show, I reflect on the path our species has traveled to get all of us here. Certainly, the path continues, and the night sky will be with us no matter where this path leads. Enjoy the path, blaze your trail, and be sure to enjoy the music along the way.

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

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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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A Rainbow Day

By Loretta Wrobel

It was a perfect day for a parade in Boston on Saturday June 9th as we gathered for the 48th annual Pride Parade. I stayed overnight with friends in Watertown, Massachusetts so I would be fresh and full of energy for the gala event. The Boston Pride Parade is gigantic, a wave of thousands marching and over 300 organizations represented. This LGBTQ festival is a party, a protest and a celebration rolled into a magnificent pageantry of rainbow colors, bright costumes, and as diverse a group as you can imagine. I was there along with about 45,000 other marchers, plus an estimated half a million standing along the two-mile route, cheering and screaming with pride. Pride Boston provides an opportunity for the queer community to be visible, proud and loud.

One of the sweetest perks of aging is a reserved seat on one of two LGBTQ Senior Pride Coalition trolleys. I waved, yelled, and basically screamed, while hanging out the trolley window holding the LGBTQ Senior Coalition sign. The crowds were enthusiastic, and many bowed in appreciation, honoring all our past hard-won fights for gay rights. Several young people ran up to the trolley shouting “thank you,” shaking our hands or giving thumbs up! What a tender memory to feel the gratitude and respect that greeted us oldies all along the entire parade route.

This year’s theme, “Rainbow Resistance,” celebrates the community and acknowledges the need for activism. The distrust and fear are strong, due to the current Administration’s lack of support for LGBTQ rights, such as refusing to accept trans people in the military, and the US Supreme Court’s recent ruling in favor of a Colorado baker who refused to bake a cake for a gay wedding. In MA there will be a question on the ballot regarding whether to rescind trans rights. Massachusetts Senator Elizabeth Warren commented fiercely that if these rights were repealed it would mean Massachusetts would be embracing prejudice, ugliness and fear.

A surprise highlight of this particular 2018 Pride Parade was the representation of US mayors. The annual meeting of the US Conference of Mayors brought mayors into Boston the same weekend as Pride. During the parade, over a hundred mayors marched with Boston Mayor Martin Walsh in support of diversity, unity and acceptance. The mayors were an impressive sight with rainbow sashes draped over their shoulders with “Mayor” printed boldly on their sash. A sight many senior LGBTQ people never imagined witnessing.

Mayor Buddy Dyer from Orlando, Florida affirmed that in Orlando they “promote diversity, equality and inclusion. This is what the Pride Parade symbolizes.” He further elaborates, “Cities need to lead the US to a more compassionate place.” Several of the marching mayors believe it is their local government that has to lead in protecting targeted communities. The mayors made sense, were reasonable and filled with a sense of equality, unity and justice. They cared about their constituents, their Country, and were in favor of inclusion. Nashua, New Hampshire Mayor Jim Donchess believes we are moving in the wrong direction. “We want everyone to be welcome” is his stance.

As I learn more of how committed these mayors are and how they represent all parts of our country, it confirms how important it is to participate in and be informed on local politics. It is relatively easy to get to know your local leaders and make your concerns known. These elected individuals were standing up and marching in solidarity and support of the LGBTQ community. In addition, they were publicly affirming their belief in unity, diversity, equality, inclusivity and freedom. In these



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chaotic and unsettled times of intense political tension and strife, it is refreshing and heartwarming to see committed elected leaders acting with compassion for all people, and celebrating diversity and acceptance. Perhaps this is where significant change can happen, as your town or city leaders are more accessible and are part of the community they are serving.

In today’s America, we need more Pride Parades where we celebrate our differences, have fun connecting and educate others about our lives. The focus needs to be on our commonality not on how we pray, the color of our skin, what we eat, how we dress, where we came from, or who we love. The key ingredient is that we all love a big party and want a meaningful life that allows us to be ourselves and make choices that reflect who we are.

The parade provided an opportunity for LGBTQ people to demonstrate their pride, advocate for their rights, and build and strengthen community. It becomes a healing experience for those who have suffered, felt alone and unconnected. Rainbows flags were ubiquitous, and dozens of rainbow capes were draped around joyous marchers. Rainbows could be seen everywhere-- on shirts, on bicycles, on body parts, on hair, and all along the parade route. For a day Boston was gay, proud and filled with love. I must confess I nearly lost my voice, but it was worth it to be so vocal with this cheering, dynamic and lively community. All types of organizations were represented in this parade, including universities, schools, banks, airlines, big tech companies, and all varieties of business endeavors. All were truly represented--old and young, gay and straight, many different nationalities, religious groups, and all sorts of free spirits. It was a day of celebration, honoring, good humor, gratitude, respect, and many splendid memories. And I was wicked proud to be part of Pride. May we persist until there is no longer a need to march for dignity, respect, equality, and justice.

Experience Eastford!

Submitted by Terry Cote

Did you know there is only one Eastford in the USA? Our unique little town will hold Experience Eastford on Saturday, July 14, 2018. The focus of the day is “Get Involved in Our Community!” The day includes the following activities:

Heritage Day Event from 10 am to 2 pm at the Eastford Elementary School (12 Westford Rd) with free family fun: Live Birds of Prey, Electric Car Display, Bounce House, Kid’s Games, Food, Silent Auction, Live Music, Kiss the Dog Contest, Flag Retirement Ceremony, and more! Bring nonperishable foods (including pet food) to donate to the Eastford Food Pantry. Complimentary Pancake Breakfast for Eastford residents at the Eastford Independent Fire Company (6 Westford Rd) from 8 to 10 am. K9 Walk on the Askew Trail at 9 am. Exhibit at the Florence Warren Latham Museum of Eastford History (65 John Perry Rd) featuring local historical items and artifacts from noon to 2 pm. Vintage Car Show at Bowen’s Garage at 9 am to noon. Craft Fair at Coriander Café from 9 am to noon. Cemetery Tour by Ed Parry at 2 pm. Live Music at Frog Rock from 1 to 3 pm. Frog Jump Contest at the Congregational Church of Eastford starting at 5 pm.

In addition to the contest, the evening will include a Bounce House, Cake Walk, Cook-Out and Band Concert. You will find something for all ages, so bring your friends and family, meet your neighbors and come check it out. Events are free and will be held rain or shine. A full schedule of activities and events can be found on the Eastford town website at eastfordct.org/townofeastford.

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Democracy Is Respect for the People

By Mark Svetz

There are some dramatic changes taking place in Willimantic right now. It is exciting to imagine what our cityscape will look like with a new Senior Center, a startlingly large stage on Jillson Park in the center of town and the White Water Park on Bridge Street. Right now, however, I am more excited thinking about the equally dramatic lesson in Democracy we have been given.

I am thinking of the process by which the Willimantic Whitewater Partnership chose a concept for a large art installation on the themes of renewable energy and community engagement. After organizing in 2002 for the purpose of “recapturing the waterfront of the Willimantic River by developing an urban waterfront and whitewater park,” WWP has cleaned up the park site – a former gas station – contributed to the effort to develop the local portions of the East Coast Greenway – a series of bike and walking paths on old rail beds – and cleared and graded the land at the park on Bridge Street into a gentle, grassy slope running down to the river.

All of this was accomplished slowly, in stages, while money was raised for each step of the work. Throughout this process, I was pleased to overhear and participate in many conversations with WWP board members and supporters about the plans. As these conversations took place over the years, I heard the plans change subtly. Now, this beautiful park has emerged and money is being raised to install a piece of art that is fantastic.

This piece of art and the way it was selected is what I really want to talk about. WWP partnered with the Land Art Generator Initiative (LAGI), the Institute for Sustainable Energy (ISE) at Eastern CT State University, and the Connecticut Department of Economic and Community Development’s Office of the Arts to create on the Bridge Street site a work of public art that generates its own renewable energy. The groups held a public competition for selecting a project for the park. The designs were placed on view at the Kerri Gallery on Main Street, and people from the community had a chance to view and select one of the designs. There was a presentation last month at the park when we all got the chance to see the winning plans.

What we saw was a beautiful piece of art that is a community playground and an inspiration for community engagement. It is a large arch, with solar panels on top and a mirror on the underside. Under the arch will be a wading pool and benches; the pool will be fed by water pumped from the river using electricity produced by the solar panels. The mirrors are intended to reflect a view of the river to people walking on Main Street or in Town Hall, far above the park. WWP hopes the Whitewater Park will serve as a trailhead for the EastCoast Greenway trail that passes right by it. Most of all, the park is an invitation to come close and enjoy our beautiful river.

I have seen one consultant after another – three or four studies that I can remember in the last 40 or 50 years – lament the fact that Willimantic had turned its back on the river that gave the city power and life. They all advised the town to open up the riverfront. It has taken a group of people from the community to make it happen.

When I compare the process that I have just sketched with the way the Town of Windham is going about some of its projects right now, I see that we all could learn something about democracy from the WWP. From my perspective as a resident of Willimantic, I see the town has done only what is required by law to get approval for its plans. No effort was made to foster discussion, seek ideas from the community or direction in the designs of these projects. We were presented with a plan and asked to say yes or no. After our approval, changes were made in plans that, in my opinion, change the very nature of the projects.

The voters approved construction of a stage – bandshell, is what they called it – for Jillson Park that was to cost about \$1 million. What is being built is a multi million dollar stage that is much bigger and certainly more expensive than the bandshell I, for one, pictured in the beginning. In the process we got a fenced in park that looks like it is dedicated to a few concerts a year rather than continued and changing community use. Wouldn’t it have been nice to have a design competition for the stage? I fear our leaders have too little regard for us to consult us when they are not required by law to do so.

There are other projects in progress right now, and I would like to encourage the town to seek guidance from us in ways that really matter. The senior center that was



The Shaboo Stage under construction at Jillson Park in downtown Willimantic. Randy McMahon photo.

approved by the voters has now morphed into a community center with the addition of a gym and pool, not to mention, more than \$10 million to the price. I read the other day one member of the town council referred to “community members” who have said they want the expanded version. This is not a meaningful way to consult us.

There is another project in the works. Town leaders have wanted a parking garage for many years. They got approval from the voters to pursue building a garage, but I wonder if anyone has seen the empty spaces in the Crosbie lot downtown since Quinebaug Valley Community College left Main Street? I believe this garage is needed by the police department which seems to have a problem in that they collect vehicles at great cost to us, and now they want us to build them a place to park the vehicles.

Although I am skeptical of the wisdom of some of these projects, I am not opposed to them as much as I really want to encourage to town to move slowly and to consult us in meaningful ways during the planning. It is not democratic to simply present us with the final choice. The legally required process gives little opportunity for the kind of discussion we need.

I believe democracy requires time to reflect, time and space for conversation, and most of all, enough respect for the people of the town to meaningfully consult them, not after the fact, but as the plans are being developed. I believe the WWP followed this democratic path, and I think we are all going to be delighted with the outcome. I would advise the town “leaders” to stop trying to fulfill their personal dreams and start consulting the community about how we want to grow.

“If the people lead, eventually, the leaders will follow.” That is something my old friend Kathleen Clark used to quote all the time. I don’t know who said it first, but it is my fervent hope our leaders –not just in Windham, but all over the world – will give our communities a chance to lead. They can simply follow us!

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

By Kevin Pratt

When you read this my birthday will have not arrived yet. The year has gone by pretty fast for me. Some things have changed and some have remained the same. Every year, when my birthday approaches, I tend to reflect a lot on things I don’t have or things I wanted to do. For example, going to see my brother, who lives in California near Napa Valley. I want to say I think it’s been a little over five years, or pretty close to that, that I had seen him last. He’s truly one of the individuals I miss the most. He is my kid brother and I don’t care what anybody says, you always miss a younger sibling.

As everyone knows, this past winter was rough for everyone, me included. Especially when winter is so long and so cold, which tends to wear on you emotionally and physically, to the point that I prayed to God that we don’t have another winter like this past season. I think some winters go on way too long. We spent a lot of time cooped up in the house, not being able to go anywhere, which happened for a lot of us this year. A lot of power outages and a lot of cold nights that we had to endure. Thankfully, I survived with friends and people that didn’t mind helping me.

As far as spring is concerned, we didn’t have much of a spring this year. I just remember it being cold and wet. Don’t worry, I didn’t forget about fall. However, nothing really significant happened last fall except for the fact that I was not working a lot and I had to walk away from grad school because my employer was not giving me hours. I did not want to incur another debt that I could not pay for so I had to respectfully withdraw from grad school. This really disappointed me because my work hours are not guaranteed anymore. I couldn’t take any unnecessary risks.

Now my favorite time of the year - summer. This time of the year you will find me either outside or driving all over creation in my chair a.k.a. my electric wheelchair. Every time there is a sunny day I definitely take full advantage. I sincerely hope that this summer has more sunny days than rainy ones because I enjoy the outside more than I ever have as an adult, every year that passes. There is one bright spot in the early part of this season. I have been doing some volunteer work for the last month and a half or so, maybe a little bit longer, and it’s pretty good. It has its positives and negatives, as any job does, but the most crucial thing is being able to put a smile on someone’s face or just taking the time to listen to someone. I think if people took the time to actually listen and be able to have an open dialogue with other people there would be a lot more happiness and less stress in this world.

As my 45th year fast approaches I have definitely learned a lot as an adult and I’ve also noticed a lot of things in my years of existence. One thing that remains constant is that as human beings we have to learn to be more compassionate to, and more understanding of, individuals who are less fortunate than us. This includes people with disabilities or difficulties with life. In order to see differences in friends or family, make sure you take the time to listen and don’t be afraid to ask questions. Open your heart and your mind to individuals because that’s all they ask.

Mill Museum Seeking Actors

Submitted by Bev York

The Windham Textile Museum in Willimantic seeks actors, actresses and other volunteers for their upcoming Halloween event. “Nightmare on Main: Hauntings: Unearthly Tales from Connecticut’s Past” will be presented on Sept. 29 and 30 and Oct. 5 and 6. The theme will present the history surrounding some of the most haunted places in the state.

Volunteers are needed to help build sets and props, and act in the evening events. An organizational meeting will be held on Sunday, July 8 at 6:30. For more information call museum at 860-456-2178 - leave a message.

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.

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Getting Started

By William Rood Jr.

Lately I’ve been thinking about this stanza from the Henry Wadsworth Longfellow poem, “The Arrow and the Song”:

*I breathed a song into the air
It fell to earth, I knew not where;
For who has sight so keen and strong
That it can follow the flight of song?*

If you follow classic poetry at all, then you know there are multiple ways that this passage can be interpreted. (Don’t worry, I’m not going to ruin it for you and tell you how the poem ends and where that song ends up!) It is thought that the “song” doesn’t have to be a song in the literal sense but rather positive energy, joyfulness, art or creative pursuits. As simple as it is, this poem still fascinates me. I love this image of the song just floating off into the sky where art, as breath, is an essential part of our being. I believe that when you are involved in creative and artistic activities you never know where that can take you, who will be influenced by your work or where the final product will end up.

Now is the time! If you create music, realize that there has never been a time in history where the technology has been so accessible. People are making music today in their bedroom studios that sounds as good as the music that would have cost thousands of dollars to make just a decade ago. Just because you’ve read about albums back in the day costing over a million dollars to make doesn’t mean that you need to wait to be discovered. Don’t wait. Start recording your music.

If nothing else, at least do something to get your music recorded with what you already have. You might be surprised to hear music that people around the world are making with just their iPhones. You can hear some very well produced rock, alternative, and electronic music recorded with Garage Band (a free app). Listen on SoundCloud, Hearthis, or Spotify where people around the world are sharing their creations. Some very decent live performance videos can be found on YouTube or Facebook that are recorded with just a phone or a tablet. See and hear what others are sharing. It can change your life and I encourage you to get involved. This is the new revolution in music.

If you are ready for the next step, then a home recording studio is very affordable today. If you already have a decent computer to work with then you may be able to get started for about \$300. At that price, of course, it may not be the greatest. However, compared to the thousands that you would have had to spend years ago, it is truly amazing. Here’s what you need:

Computer – the more memory the better. Consider upgrading by adding RAM and purchase an external Hard Drive for backing up your song files.

Audio Interface- the interface takes the place of your computer’s sound card. While your standard sound card is great for hooking up a pair of headphones or speakers and playing back compressed audio, a dedicated audio interface allows you to hook up microphones and instruments to your computer. It converts analog signal into digital information that the computer can use and can do that same operation in reverse. All at once you can listen to something that you just recorded while you record the next part. There are very affordable options by Focusrite, M-Audio, Presonus and other companies that include microphone and instrument inputs and attach to your computer by way of USB 2.0 or 3.0.

DAW – The Digital Audio Workstation is a computer program that lets you record music. You can easily record and mix multiple tracks. What this means is you’ll record your guitar, record your keyboard, record your voice, etc., while mixing them together to produce a full musical arrangement. Many times an entry level DAW will come free with the purchase of the interface. These are fully functional music programs that offer many of the features of their higher priced relatives but usually limit the number of tracks that you can record in one project.

Microphone – If your music involves singing or acoustic instruments then you need to get a decent studio microphone. (Warning, microphones can be very expensive and you can really fall into the trap of “collecting” these!) Although there are different types available in a huge range of prices, a dynamic coil or a large diaphragm condenser in the \$100+ price range is a good start. There are even some USB microphones that emphasize audio quality. It is best to go with a name brand that has earned good reviews.

Headphones or Studio Monitors – quality studio headphones are a good start for your home recordings. Consumer grade headphones from the local store often emphasize the bass or otherwise “process” the sound to

make it more exciting. However, the headphones you’ll need to record music are designed to give a more accurate (although maybe less exciting) sound. Eventually, you’ll want to purchase studio monitors. Although these look like small bookshelf speakers, like studio headphones they are designed to give you an accurate sound so that you can really hear what is going on in your music.

Finally, all of these items can normally be purchased in a home studio bundle for around \$300 from various music/technology stores either online or in the storefront (if you’re lucky enough to have one near you). With these bundles, companies routinely compete to offer the best deals. They may offer lower prices or add more items into the bundle so be sure to shop around.

There are many free resources online that will offer you advice, buying guides and instructional videos. Although the advertisers will try to sell you some very expensive items, remember that no piece of equipment is as important as knowledge or experience... so just get started. This is a new day. Share your music with the world!

Join us! If you are a creative artist looking for support send an email with links to your music to - ctoriginalmusic@gmail.com

William Rood Jr. is a graduate of the Hartt School of Music. He has had a successful career as a music teacher for 19 years and has been performing professionally since the age of 16. He is more recently involved in the creation of original music and hopes to encourage others to find their artistic voice.

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Ellington Market Worth A Visit

By C. Dennis Pierce

Have you ever been someplace that you paused and thought that you were on a movie set? I have. If you too, want that same experience, next Saturday, visit the Ellington Farmers Market at the Arbor Park, Main Street, in Ellington, Connecticut. From 9:00am to 12:00pm the market is a bustling market that offers a plethora of choices from home made hot sauce, bakery items, fresh produce, meat and fish. This market has it all. Each Saturday the market hosts a themed event which can be found on their web site. During my visit the market featured many services for dogs. Most market goers bought their dogs shopping with them and experienced the many free services that were offered for their furry family members.

There were small dogs in carriages, large dogs that rivaled the size of a small pony and surprisingly enough and humorously enough, many dogs that resembled their owners. It is often said that I too fall within this category when my beard gets longer like my terrier’s hairy chin.

I had heard about the increasing popularity of the market but had not previously visited it. Based on its content and the variety of offerings I would say that it rivaled the Coventry Market that has grown into a variety of non-farm related vendors sometimes moving away from a true Farmer’s Market. The success of the Ellington Market is due to the hard work and the commitment of the volunteer Market Master, Dianne Trueb. On my visit I had the opportunity to talk to Dianne and ask her about the secret to such a successful market. Diane shared that many hours were put in during the week with planning, keeping their web site (<http://www.ellingtonfarmersmarket.com>) up to date and updating information through social media. The goal of the Ellington Farmers’ Market is to provide our community with a variety of products that are grown, harvested, produced or handcrafted in the state of Connecticut, connect residents to food production and help them create healthier eating habits, enhance the quality of life in the Ellington area by providing a community activity which fosters social gathering and interaction and to preserve Ellington’s unique agricultural heritage by supporting local farmers. They provide educational programs on healthy eating and living for children and adults and have a matching SNAP dollars program. So take advantage and visit the market. Dianne’s hard work really is evident by visiting their web



site. I would say they have the best Farmer’s Market web site that I have seen thus far.

Last week, I stopped to observe that summer was moving a little too quickly for me. I was swiftly reminded that the first day of summer had not even occurred and that summer would officially begin the following week. Being more attentive to its arrival I researched what drew the line of demarcation from spring to summer. Last Thursday, June 21st marked this year’s summer solstice which occurs when one of the Earth’s poles has it maximum tilt toward the sun. This happens twice yearly. Once in each hemisphere, North and South. For that hemisphere, the summer solstice is when the sun reaches its highest position in the sky and it is the day with the longest period of daylight. But what truly is summer? I would suggest it is the beginning of time when there is an abundance of Connecticut fresh produce at the farmer’s market. Too early for tomatoes but just right for strawberries. Quarts and quarts

of those red and ripe, succulent fruits lined up on the market’s tables just waiting to be devoured. So, what is a strawberry? According to Wikipedia, a strawberry is a sweet, red heart shaped fruit, which is much loved for its delicious taste. Native to many parts of the world, it belongs to the rose family and has a distinct, fragrant aroma. Despite its name, a strawberry is not a berry botanically. It is an aggregate accessory fruit, which means that the fleshy part is not derived from the plant ovaries. Instead, each visible seed cover-

ing the outside of the fruit is borne from one of the ovaries of the flower. Also, the strawberry leaves can be eaten raw, cooked, or even used to make tea.

Strawberries are also not just delicious they also have many health benefits. Strawberries have high levels of heart-healthy antioxidants. They lower the risk of cardiovascular diseases by inhibiting the formation of total and LDL or bad cholesterol. They also relax the blood vessels, causing improved blood flow. A cup of strawberries contains 49 calories, 3 grams of fiber and 12 grams of carbohydrates.

So, with an abundance of strawberries available, I thought I would offer a recipe that came from an old acquaintance, Chef James Hallar, who once owned and ran the Blue Strawberry restaurant in Portsmouth, N.H. Chef Hallar would serve strawberries for dessert with a very simple presentation. I believe this way presents strawberries in their simplest form.



Greg Hazelton of Copper Hill Farm in Somers takes care of a customer at the Ellington Farmers Market. Dennis Pierce photo.

Strawberries with Sour Cream & Brown Sugar

Plan on six large strawberries per guest

Ingredients:

Strawberries, washed, tops removed and patted dry

Sour cream

Brown sugar

Directions:

Portion strawberries in a small bowl.

Lightly sprinkle brown sugar on strawberries

Top with a dollop of sour cream

Lightly sprinkle brown sugar on top of sour cream

You can substitute creme fraiche instead of sour cream.

Here is a recipe so you can make it yourself. Combine 1 cup whipping cream and 2 tablespoons buttermilk in a glass container. Cover and let stand at room temperature (about 70°F) from 8 to 24 hours, or until very thick. Stir well before covering and refrigerate up to 10 days.

Produce in Connecticut does not always come from those that sell at the local farmer’s market or nearby farm stand. Here in Connecticut we have an abundance of back yard gardeners and orchardists. In future columns I would like to feature several of these individuals and possibly draw out some their secrets to gardening or maybe tips for beginners. If you know someone that is that backyard farmer that you would like to recommend, drop me an email and let me know. As always, thanks for taking the time to write me, read this column, and buy local. As always if you have a suggestion for a farm or a local grower you would like featured in this column drop me a line at Codfish53@yahoo.com.

I would like to end this column by paying tribute to Anthony Bourdain, a chef, a professional traveler, and unique individual. I have been cooking since I was a child and have always looked up to Chef Bourdain who I had the opportunity to see in person several years ago in Chicago. He saw the world through a different lens. He said, “Food is everything we are. It’s an extension of nationalist feeling, ethnic feeling, your personal history, your province, your region, your tribe, your grandma. It’s inseparable from those from the get-go.” Chef Bourdain will be truly missed. As always, purchase local grown. It makes a difference and you can be part of that difference. Peas be with you.

Common Sense Car Care

By Rick Ostien

This month’s topic is Maintenance.

The truth is that if it moves it has to be maintained, from the human body to a squeaky door hinge and definitely the auto or truck you own and drive. The maintenance level you choose as the owner can most effectively be determined by the type of driving you do.

The auto manufacturer bases maintenance intervals on mileage and normal or severe service. The person whose driving habits are of short distances would need to change their oil using time as a guideline rather than mileage. It would be vice-versa with a person whose driving habits are of longer distances. The oil in an engine is there to cool and lubricate. Over time and with the wear and tear of driving, oil loses its ability to perform its primary function of cooling and lubricating.

The oil change service that is performed by most facilities can vary from a 15 minute in and out to a 45 minute vehicle

check included in the oil change. The price can also vary from about \$17.95 to about \$52.00. The slogan of “pay me now or pay me later “ used by the Fram Filter Co. years ago more than holds true today. The vehicle check is a very good idea and can find problems that are already in existence or it can head off problems that can become future emergencies.

A good vehicle check will include a visual check of the following areas:

1. Tire wear and air pressure
2. The exhaust system
3. Front and rear suspension
4. Brake and fuel lines
5. Drive axles
6. Belts and hoses
7. Fluid levels
8. Battery condition
9. Antifreeze PH and protective level
10. All lights
11. Windshield wipers and washers
12. The air filter.

These 12 items are very important and they are often the most ignored.

The air filter, in most cases, can be

checked very easily. The air filter box provides an excellent home for field mice. The obstruction created by these little creature’s nests cuts the air flow and that results in poor gas mileage and poor performance. The antifreeze in your cooling system can cause major problems if it has a high PH level. Engine parts will fail prematurely if this isn’t taken care of. These are two very good examples of why a vehicle safety check is so important. The 12 areas listed above need to be checked regularly to insure the trouble free performance of your vehicle.

The auto manufacturer’s schedule of services is a great guideline to help you maintain your car or truck. These schedules can be found in the owner’s manual of your vehicle or they can be obtained from most vehicle repair facilities. The idea of scheduling services is done so that you, as a consumer, get the most trouble free miles from your vehicle.

The person who still likes to do some of their own vehicle repairs should have a thorough understanding of what they are about to undertake. Using the correct 6 pointed box wrench or socket to remove an

oil drain plug can often head off trouble. Remember to add oil to an oil filter before installing it and wipe a little oil on the filter seal. The oil added to the filter gives the engine oil pressure at the start after an oil change and the oil on the filter seal helps the filter come off easier the next time you change it. The parts you replace should meet the O.E.M. specifications of your vehicle’s manufacturer. The price will be higher but in the long run the quality will far out weigh the price. Be sure to check the above mentioned items and replace worn parts with high quality ones. This will help to head off trouble down the road.

The winter that is finally over has taken a toll on the vehicle you drive. The warm days of spring and summer are just ahead. Take the time to have your vehicle checked so that you can enjoy those weekend outings during the summer and can keep them as trouble-free as possible.

Happy Motoring, Rick

Ed. note: Rick Ostien is the owner of Franc Motors in Willington.



6.20.18 Donna Drasch of Ashford took this photo of a rose at Elizabeth Park in West Hartford.

The Rose

By Lynda Bowen

It is just a rose.
As I stand in awe
of her beauty, I find myself
thinking, is it really JUST a rose?

It feels like so much more.
As if this rose, has a story to tell,
wanting to touch me in
some profound way.

Feed me water and I will grow.
Show me love and in return I
will gladly prepare my beauty for show.

But ignore me and my blossom will wilt.
Ignore me longer and my leaves
will shrivel and turn brown.
Still longer and my roots will wither and rot.

Just a tad bit longer
and the place where I once
showcased my beauty
will just be an empty spot.

Hear my advise. Do not ignore your rose
lest you turn around to find an empty spot.

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World Heritage Folklore

Children’s Corner

Ed note: This space will feature contributed stories from Folklore for the development of moral character. Heard over many years, these stories are from around the world.

The Power of Two Words

Once upon a time, there was a village outside a big forest in India. In the forest, if you walked for about one and a half hours to the East, and crossed the big river and two streams, there was a lovely village, of fields, fruit trees, and the farmhouse of a very kind and wise Sage.

All the villagers loved and respected him, and sent their children to his farm to help with chores, and he would give them lessons.

In the mornings, after the cows and goats had been fed and milked, their stalls cleaned, put out in the pasture, the gardens watered; the children would gather around their loving Teacher, under a majestic old banyan tree. They would sit in its shade, with the soft breeze touching them lightly, and the birds singing high in the tree-tops. Everyone was curious and eager to hear what the Sage was going to tell them.

One day, they were doing just that, when the King of the country arrived. The Sage, engrossed in what he was telling the children, was unaware of the King’s arrival.

The King, accustomed to royal honors, after twitching about for some time in annoyance, became angry and finally coarsely interrupted the Sage, berating him for not noticing him, and demanded to know why.

The Sage responded, “I was giving the children teachings which will purify their characters. There is no use if this is not taught with full attention and sincerity.”

The King mockingly replied, “Can mere words change a person’s character?”

The Sage responded, “Certainly!”

The King snorted in disbelief.

Just then, a small child, angered by the king’s insolence to their beloved gentle and wise Sage, having no clue who the rude man was, stood up and yelled, “Get out!”

The King spun around in fury, his face becoming a royal purple. He grabbed the Sage by the throat and tersely told him, Is this how you will teach children to speak to me? I’ll kill you and level your place here to the ground, to dust!” He roared and shook the Sage.

The Sage closed his eyes, almost becoming unconscious until the King loosened his grip. Then, while massaging his throat, he calmly replied, “Please forgive me! But wasn’t it you who just said that mere words could not change the character of a person? A small boy said two words to you, and you have now completely changed from your normal character. You are even ready to kill me and destroy everything!”

The King saw his mistake, regained his self-control, and duly apologized.

And this is the case, it really was so.

Contributed by P.K. Willey

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Costa Rican Adventures

By David Corsini

In late May I traveled to Costa Rica with 13 Eastern Connecticut State University (ECSU) classmates in Tropical Biology and the professors who taught the course—Drs Szczys and Graham. We spent six days at Selva Verde, an ecology lodge in the rainforest about a three-hour drive from San Jose. At Selva Verde the students and I conducted research projects that had been developed as part of our class, hiked in the rainforest, and observed natural wonders of the area. We then traveled to Arenal Volcano National Park. The volcano had major eruption events in 1968 and 1973 but now is primarily simmering. From there we traveled to a cloud forest- Monteverde. During our time in Costa Rica we also visited La Selva Biological Research station, a farm that grew organically certified pineapples, a coffee farm, and a center that demonstrated how chocolate is made. There were interesting presentations at each special venue.

The tour was organized, with direction from the ECSU professors, by Holbrook Travel. Holbrook Travel arranged for a 20-passenger bus, four hotels, the special tours mentioned above, meals at restaurants along the way, and a guide- Pedro, who was knowledgeable about natural history and historical facts. Everything was well organized. There were several multi-hour bus rides during our trip when we were exposed to the beauty of Costa Rica. It was also interesting to pass through small towns and observe people in their daily lives. I was impressed with how trash-free and peaceful Costa Rica was.

The time in Costa Rica is two hours earlier than Eastern Standard Time so, since I usually wake up at about 5:30 EST at home, in Costa Rica I was awake before the howler monkeys started their calls at 4:45 Costa Rican time. On the six mornings at Selva Verde I went to the cafeteria porch, where WiFi was active, shortly after 5:00 AM. On the porch I would call Delia who at that time was having breakfast with our parrots. Then I watched dawn arrive, had a cup of coffee and waited for Dr. Szczys-whose specialty is ornithology. Dr Graham usually was on the porch working on his laptop. The students whose research involved poison dart frogs were out hunting frogs that are more easily found in the early morning. At about 6:00, Pedro arrived with his telescope and we were off on a bird walk. Both Pedro and Dr. Szczys have excellent bird spotting abilities.

All the students showed up for breakfast at 7:00. After breakfast on the first day, we went for a three-hour hike through the tropical forest. Along the way we observed birds such as trogons, huge trees covered with epiphytes, and one venomous snake- a Hog-nosed Pit Viper. This snake was small with cryptic coloration that made it difficult to spot. It was beside the path and coiled up, so that it covered an area about as large as a Danish pastry. It did not move away.

Our hike ended at a 50-foot tall, dead and hollow almond tree that was inhabited by bats. At the base of the tree there was an opening large enough for a person to enter, observe the bats, and look up through the hollow tree. Since the bats were disturbed and flying around, going into the tree was rather exciting.

After breakfast on subsequent mornings, the students and I worked on our research projects. The question of my research project was whether tropical birds would react to mobbing calls of two North American birds noted for mobbing: chickadees and crows. I had four-minute audio files on my phone of the two birds mobbing predators. These files could be played through a speaker placed on a bush 20-30 feet from the phone. I played these audio files in 11 locations within Selva Verde.

The first time I played the chickadee tape, at 8:43AM, in an area near the cafeteria, a Rufus-tailed Hummingbird flew all around the speaker. After a ten minute wait, I played the crow tape. A female Passerini’s Tanager landed on the top of the bush where the speaker was, but did not approach the speaker. Three birds landed high in the tree above the bush with the speaker, but quickly took off. I was sure the hummingbird was attracted by the tapes, but was not sure about the other birds.

At 10 AM I set up the speaker in a small bush about 50 yards from the first spot. There was a lot of ambient noise from a flowing river and machinery in the distance. When I played the chickadee tape, a Grey-capped Flycatcher flew into the top of the bush holding the speaker. I was fairly sure it had been attracted by the tape. Then, to add to the ambient noise, an insect started screaming from the tall grass. I had set this trial up in the full sun. I had to abort the trial because my black phone that was resting in the sun became too hot and stopped working and



I, having forgotten my hat, was about to suffer heat stroke. The first morning of trials had been conducted in an area where I had noticed many birds. This was a grassy area with some small trees and bushes near the cafeteria where fruit was put out to attract wildlife. After the first morning, I tried my tapes, sometimes with my inflatable boa constrictor placed on the ground beneath the speaker, in ten other areas around Selva Verde. On many trials there was no response to either tape. On one occasion, I again had a Rufus-tailed Hummingbird pay a brief visit and on two occasions a Variable Seedeater seemed to show interest.

One time I set the speaker up in an area where earlier in the morning we had seen a Tody Flycatcher. When I played the chickadee tape, I spotted the flycatcher in a near-by bush and thought it had been attracted by the tape. But then I noticed the bird going into what looked like a bunch of hanging dry grass. I had inadvertently set the speaker up near the flycatcher’s nest and the bird was not coming to the tape, but to the nest. While I learned a lot during the process of setting up my project and had interesting times in the execution, I conclude that there was



limited response by tropical birds to my tapes.

Although I was fairly confident that I could perform the hikes and other aspects of travel, as I age there is always a degree of uncertainty and I did not want to cause problems. In preparation for the adventure, I had received an epidural shot for my back and leg pain associated with spinal stenosis. Those pains were quite manageable during the trip and I only had to take short pauses on some of the most difficult climbs.

The time I had the most difficulty was at the end of a hike at the Arenal Volcano when I had to climb over a field of volcanic boulders. I used to easily climb over rocks but no more. As I was struggling over the boulders, one of the students asked if I was ok. I lied and said “Yes”. In retrospect, I should have said “No” and asked her for a piggy back ride. But I made it. However, the quadriceps on my right leg hurt for three days. This was a novel pain that, interestingly, masked my usual pains. Perhaps I have discovered a new pain remedy.

Although I worried about possible physical limitations in walking and climbing, I found that my most significant handicap in these situations is my hearing. I wear two hearing aids, but even so my hearing is still very limited. I could understand almost nothing when a group of students were talking. In one respect, I am not sure this made much difference because, when I could hear what the students were saying, I usually still did not understand what they were talking about. Several evenings after dinner we had group meetings to share events of the day and plan activities for the next day. With the background noise of the jungle, I had great difficulty in these sessions. One day Dr. Szczys challenged the group to write a haiku to be recited at the next meeting. All the students did the assignment.

Here is my offering:

Forgiveness
Frogs, ants, snakes and birds
We are here to learn about you
Forgive transgressions

I thought that there would be some problems when traveling with 13 college students. Problems such as someone not showing up or being late for meetings or not putting out luggage at the appointed time and place. But the students were always punctual and did what was asked. I was the only one who screwed up.

At one of the resorts we were given a laminated card to be used to check out a pool towel. The resort staff explained that there would be a \$20 charge for, I thought, failing to return the pool towel. But it seems that the \$20 charge also was for not returning the pool towel card.

I had used the towel card to rent a towel and returned the towel. When it came time to turn in the room key and towel card, I could not find my towel card. I claimed it must be in my swimsuit pocket that was now packed away on top of the bus. Somehow Pedro worked it out with the resort and I did not get charged. I did not find the card in the pocket of my swimsuit. However, when we got to Miami, I found my towel card in the inside pocket of my waist pack.

One thing that surprised me about these biology students was how many of them freaked out when insects flew near them. On these occasions, they performed what I came to think of as the “Tropical Biology Twist and Shout.” This maneuver involved flailing arms, body twist with a head duck, and a little squeal. Although I found this performance amusing, it turns out that I was the only one who got stung. I was sitting beside a student who had performed the above maneuver and was not aware that the small wasp that had been shoed away had rested on my knee. When I put my hand on my knee, the wasp stung me. I had a small red welt but nothing more serious.

My primary interest on the trip was natural history sightings. My morning bird walks with Dr. Szczys and Pedro were very special. Upon my return home I reviewed the birds I had seen during the trip and came up with a total of 85 species. Although I had seen some of these birds on other trips to the tropics, there were new ones and extra special viewing experiences. One was viewing scarlet macaws through the telescope as they ate and courted. Also notable on this trip was seeing four species of toucans and four species of motmots. And on the last morning in the Monteverde area we heard Three-wattled Bellbirds and then observed them through the telescope.

Although I have a special passion for birds, I like to observe all wildlife. Finding Green-and-Black Poison Dart Frogs and Strawberry Poison Dart Frogs hopping along the trails during the day and the Red-eyed Tree Frogs at night was new to me. And I will not soon forget my three monkey day. At 4:45 several howler monkeys greeted the coming dawn and then a young male howler was observed climbing in the tree near where we ate breakfast. On the morning bird walk we watched through the telescope a troop of White-Faced Capuchin having their breakfast. And later in the morning on a walk at La Selva Biological Research Station we watched a group of spider monkeys as they ate fruit and scrambled through the trees and vines.

A new experience for me was hunting at night for scorpions. Dr. Graham is a scorpion specialist and I hunted for scorpions with him on two occasions. Because in the dark scorpions glow blue-green under a black light, they are hunted for with black light flashlights. It is a good idea to have one person walk ahead with a regular flashlight looking for snakes. As I like to look for snakes, on the first night I was the point man with a flash light. I found no snakes. When a scorpion was found, I came to see. On the second night I was with the black light and found a few scorpions hiding out along a wall. Dr Graham was good at catching them with a tweezer-type tool. The scorpions were observed in plastic bags and then released.

The ECSU students on my trip were a congenial and good natured group. Some students tended to stick together but there was also fluidity in the groups. Professors Szczys and Graham maintained a playful but serious relationship with the students who clearly liked and respected them. I was very happy to have been allowed to go on this trip.

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Anticipation

By Delia Berlin

As a very young girl, like many others, I enjoyed playing with dolls. I enjoyed it so much that it was impossible for me to think that one day I would no longer care for dolls. In fact, I felt sorry for older girls and adults who didn't play with dolls. From my egocentric perspective, I thought that they didn't because they couldn't. It was socially unacceptable to play with dolls after certain age. What was that age? I often wondered, anticipating it with dread and worry. I knew the time would come for me and I couldn't imagine being ready to give dolls up.



Then one day, I discovered boys. My interests took a drastic turn and dolls seemed suddenly unimportant. I think I was only about eight or nine-years-old. But I reflected on this development. I realized that all my worries in anticipation of having to give up dolls had been unfounded. I clearly remember making a mental note about this realization, thinking that perhaps it would apply to other contexts in the future.

Indeed, that was a useful lesson for me, and I'm thankful for having learned it. As an imaginative person who often worries about possible futures, I have to remind myself often that it's not a good idea to worry about "crossing bridges before getting there" – sometimes one never gets there and other times, by the time one does get there, one may look at the situation in a very different light.

This perspective was particularly useful for parenting, a journey full of challenging transitions. When you bring an infant home, you can't imagine ever wanting to return to work. While – sadly – in the US this return is usually rushed by economic need, eventually the time does come when parents are ready for it. Similarly, the idea of a child ever driving sends chills down any parent's spine. But by the time that child turns 16, most parents are dying to get that a driver's license. This may not be the end of related worries, but it's definitely a different perspective in terms of readiness for a new stage.

And what about sending a child away to college? While this transition comes with varying degrees of difficulty for each parent and child, for the vast majority of families it's a positive milestone. Yet, the anxieties and worries of anticipating these changes are usually harder to bear than the transitions themselves.

As I age, I wonder about the situations that may challenge me in the future. Will these previous experiences and developed perspective be helpful to confront illness, dependency, disability, loss, or even impending death? Worry and fear can actually be among the most difficult aspects of all such challenges. It's certainly worth trying to use them as triggers for problem solving, and then put them aside. Once problems are resolved, worry and fear are assuaged. And whenever problems are deemed unsolvable, worry and fear can't help.

But the type of problems I have mentioned so far are normative problems: things that are part of normal life. We have evolved to manage them and bear them, for the most part. Yet, nowadays, we seem to be facing a new level of unprecedented challenges. Never before were we presented with such cataclysmic, imminent and simultaneous threats.

These days, on a regular basis we read increasingly alarming predictions about accelerating climate change. We learn the snowballing consequences of this change: loss

of seasons, violent weather events, rising oceans, desertification, epic flood events. We witness "the sixth extinction" and its cascading effects of ecosystems collapsing all over the planet. From agricultural failures and famines, to water wars and superbugs, we will face an unprecedented range of ecological challenges.

In addition to these somewhat "natural" disasters, global cyberwarfare threatens our public safety, our economic system, our communications. And if that weren't enough, the likelihood of nuclear war has been increasing. Worrying about all these threats may not be helpful, but could anticipation provide us with any chance of useful preparation? It seems unlikely, but not hopeless.

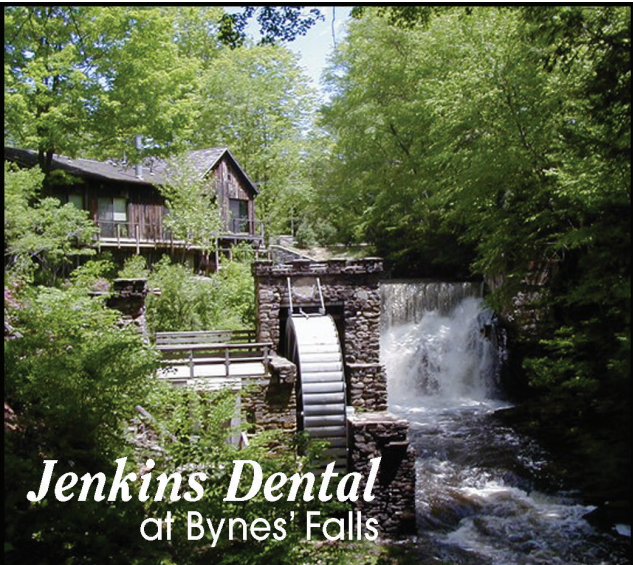
There is a silver lining in anticipation and preparation: We don't need to find permanent solutions to problems. Life is not permanent, so postponing catastrophic consequences of problems for a time may be just as good as resolving them. Of course, the longer that time, the better. Reaching as far as we can into the future makes sense. But "buying time" is always worth it, because the future may offer additional solutions that we don't yet have today. Anticipation and preparation is also better than anticipation and worry. Preparation can actually become a coping strategy when we anticipate the possibility of scary events. For example, take the problem of climate change. It can be overwhelming to absorb the cataclysmic range of challenges this problem will bring eventually. But for now, we can do much to delay the worst consequences or to prepare for them. Reducing our carbon footprint through energy conservation or consumer choices, for instance, are delay strategies. Getting a generator or moving to higher terrain, are preparation strategies.

When it comes to cyberwar and nuclear threats it's easy to feel completely powerless, but we are not. Community activism and organization can provide resilience and a sense of control. We cannot underestimate the power of good people working together to avert disasters. The optimism necessary to work for peace and the common good should be the last thing to go, because it's never over till it's over.

So, as I write this, I coordinate the installation of our solar panels. Interestingly, our elder-law-specialist told me that nobody as old as I am should even consider solar panels... Apparently the reason behind this line of thought is that I may be dead by the time the investment pays off. But according to the solar company doing the installation, it will only take 11 years and I plan to do everything I can to stick around that long. In any case, I beg to differ with that reasoning. Aren't we supposed to do anything for younger generations unless we can see the benefits in our lifetime? Who would ever plant a shade tree?

It is also useful to look back more than a few decades for full historical perspective. Life has vastly improved for most of us during the last century or so. The emergence of superbugs may seem like an unprecedented threat, but they would make life no worse than it was during the pre-antibiotic era. Cyberwarfare can be a terrifying thought, until we remember that just 30 years ago most of us had no personal computers and the internet wasn't an integral part of our lives.

Change can be hard, but adaptation is possible. Anticipation can trigger much worry, but it can also promote action to help us prepare. As I anticipate the world can soon come to an end, I will try not to worry while I prepare, clinging to hope that when it finally happens, I may be ready.



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Dharma: National Educational Reform

By P.K. Willey, Ph.D.

All countries have their archetypal ideals of noble human aspiration, by which they are known. In this sense, India practices real democracy. Genuine individual freedom, the human right, to know or search for—at all cost—Truth, Reality, even it means giving up all physical comforts including your clothing, hearth and home, leaving the status quo, has an acceptable niche, so long as you are not harming others. Hence we see sky-clad truth seekers, the anchorites, free of organizations, male and female, eschewing the public eye. The human right to have meaning and truth in one’s life is at the core of most Nation Souls expressed in different ways.

Prior to WW2, Gandhi had started work in India even before his return from South Africa, 1915. Due to the spiritual legacy that steeped the land, atmosphere, and peoples of India, he was able to appeal to certain universal archetypes, enhanced by folklore and epics, that were readily understood by her Nation Soul.

To guide human actions towards natural law, there are numerous archetypes of duty or Dharma – righteous action, known through conscience. Love dictates dharma or duty to family, parents, children, to one’s Creator and Creation, and has potential expression in every action, every relation. This awareness, or sense of duty, awakens the mentality to sacrifice, to renounce material gains and short lived physical entertainments, enjoyments, in favour of deeper satisfactions gained through adherence to duty.

The archetype of simplicity is held as a virtue; ostentatious display of wealth as distasteful ignorance. The wise sage with few possessions is truly richer and freer than the wealthy king. There is acknowledgement of a higher power, or way of being, beyond physical awareness: a reality to which all return with recognition in times of dire need. These are some of the resounding chords of India’s Nation Soul.

Standing half-naked before the world, with duty and abstinence the bywords of his personal life, choosing to live in mud-huts over hotels and palaces, Gandhi’s very person had archetypal appeals that hit home, deep into the heart of the majority of Indians.

His work became one also of constant negotiation with those who had the corporate social advantages of colonialism, of being ‘good British Indians’; a class of people from which he himself had come. India is really made up of numerous countries, cultures, languages. The colonial educated had to an extent recognized their common ‘Indian-ness’ in the eyes of power, and were linguistically tied by the foreign English language.

Knowing the ‘elite’ would be the new power, Gandhi worked arduously, encouraging understanding, empathy, creating relationships with their own people. It was still Social Equality 101. Psychologically and socially far removed from the soils that nourished them, the elite saw their illiterate, rustic, impoverished brethren as being ignorant, if not stupid. Gandhi opined that such was a shallow view, pointing out:

“But the moment you talk to them and they begin to speak, you will find that wisdom drops from their lips. Behind the crude exterior, you will find a deep reservoir of spirituality. I call this culture. You will not find such a thing in the West. In the case of the Indian villager, an age-old culture is hidden under an encrustment of crudeness. Take away the encrustation, remove his chronic poverty and his illiteracy, and you have the finest specimen of what a cultured, cultivated, free citizen should be.”

Throughout the early 1920’s, when he wasn’t in jail, Gandhi began emphasizing economic, legal, educational freedom. Swadeshi – made in one’s own country, self-reliance. Simultaneously, he rapidly began to put before the country the necessity of non-co-operation with the legal and educational systems, through all available media. It was preparation for war. It was comprehensive non-co-operative resistance with the pillars that sustained the British Raj in India. It was mass moral and ethical education, religious – if you will. With an unerring eye to commonsense, Gandhi called attention to status quo support for the oppressive British Rule:

“Perhaps no one co-operates with a government more than lawyers through its law courts. Lawyers interpret

laws to the people and thus support authority...So, when the nation wishes to paralyze the Government, that profession, if it wishes to help the nation to bend the Government to its will, must suspend practice.”

Gandhi also simultaneously began the Quit-School movement in wider India. Confronting the monumental task of re-educating Indians to be Indians, to give up the dream of becoming the ideal Britisher, re-orienting them to become aware of the needs of the country, was daunting work. Youth dreamt of the words and worlds of Byron, Shelley, Tennyson, Shakespeare, Chaucer, Keats, or cricket heroes... there was massive confusion in India about what real education was. The British rulers had since 1835, using Macaulay’s educational

The function of
NAYEE-TALIM
is not merely
to teach
an occupation,
but through it
to develop
the whole man.

M. K. Gandhi
MAHATMA, Vol. 7, p. 384



prescription, created people who aspired only to replicate for themselves the pattern of life orientation shown by their self-serving rulers. It was an economic/social system that, along with India’s new industrialists, would callously use the lives of young India for corporate profits. Utterly and tragically contra-indicated by India’s aching needs and genius.

Gandhi’s new National education, known as Nai Talim – New Rule –also called Basic Education, became the bulwark of resistant non-co-operation with British power.

“The secret of our non-co-operation is to renounce the benefits of the system, which we need not receive. Even of the benefits which we voluntarily receive, we picked out some when we embarked upon non-co-operation. Educational institutions were one such thing.”

Gandhi saw the clinging to the British dream of ‘education’ as a kind of psychological ‘hallucination’, so deeply enmeshed were people’s self-perceptions with it. In order to break through these mindsets blocking India’s transition into unified nationhood, Gandhi knew he had to get the hope of the future, the children’s minds out of the school-system that was brainwashing them.

It was a bold move, banking on the love and self-respect of the nation to arise, awaken, to recognize the fundamental fact of their slavery, to risk individual loss of money, status and all that British education as well as Indian social structures, had taught and stood for; trained to believe in.

The ability to question oneself enough to become simple non-co-operators was, for a while, the education in national education; to awaken awareness of our real human right – to freely follow our conscience. Gandhi tied it to inborn duty, placing the onus of responsibility squarely upon the individual:

“Just as we would not touch the best of milk if it is poisoned with arsenic, so we should keep away from education which is polluted even though it would be the best...If you hear the voice of conscience telling you to do a certain thing, you have the right to obey it. If you are convinced of all this, I would like you to give up your colleges right from tomorrow.”

Yet, to leave the laid out paths to social success that they had been trained for over a century to prize and accept, met ‘educated’ resistance. People were afraid. The known was more comfortable than the unknown. He reasoned, cajoled, and appealed to the Dharma of natural law.

“It will perhaps be argued that in that case the education of these students would suffer. I for one will assert rather, that in a situation like this true education for them lies in leaving the college. What is the use in that education which does not teach self-respect? The first thing is to learn to be men. Education in the letters is for human beings. What will you gain by educating those who have lost their humanity? If the students but do their elementary duty, they will know the way of fighting this injustice. Not to think of the future when doing the duty which has fallen to one’s lot—this is nishkama karma (desireless action), and this is dharma.”

Gandhi continually put forth clarifications on the ethical use of education before a people to whom duty’s exercise was the real human right; more important ultimately that material or social approbation, if they could clearly understand what that duty truly was:

“It is an abuse of one’s education to use it for earning money. Education proves its worth when used for the service of others.”

The movement escalated into full-scale war against fear and apathy as well. In the students that would part ways with status quo, he saw the ranks of his new army—people who were aware, ready to resist their enslavement:

“All war-time requirements are being adhered to in this movement and, most certainly, this is a war.”

Gandhi didn’t want the ‘luke warm’ in his army:

“Where his conscience does not prick, he should unhesitatingly give up non-co-operation.”

He began to taunt, goading conscience into self-assertion. He suggested that the teachers and principals who were now participating with the government could withdraw their co-operation and begin new schools:

“We must be specially unfit for non-co-operation if we are so helpless as to be unable to manage our own education in total independence of the government. Every village should manage the education of its own children...If there is a real awakening the schooling need not be interrupted for a single day.”

He gave the country a wake-up call to real priorities. It was time to smell the coffee and end their dream-hallucination with colonialism. In doing so, he saw the possibility for ethical awareness to awaken like the dawn:

“Indeed what could be grander education than that the parents and scholars should put religious sentiment before a knowledge of letters?”

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Mortgage and Home Equity Loan Interest Deductions

We know the financial and economic landscape we all operate in is everchanging. Policy and regulatory shifts are often a big part of these changes and may alter almost anything from tax planning, to healthcare, and even retirement. Weiss & Hale Financial believes that in order to realize your financial life goals, proactive planning around policy decisions that may affect your unique financial plan is key. So this month, we are going to discuss some timely policies that could affect your financial plan. Let's revisit the Tax Cut & Jobs Act. You may have seen our piece on the act published in the Villager Newspaper in January which can be accessed at www.weissandhale.com/resources, we also encourage you also to listen to our podcast on the policy at www.weissandhale.com/air.



With its passage in December 2017, the Tax Cuts and Jobs Act (TCJA) changed the deductions for interest on mortgage and home equity loans. On February 21, 2018, the Internal Revenue Service (IRS) provided clarification on how the TCJA will be applied to mortgage and home equity loan interest deductions. Knowing how these changes may affect you is critical to Planning Well.

Initially, application of the TCJA was ambiguous because of (1) definitions from the 1986 “old” tax law and (2) the multiple ways to use home equity. The IRS’s recent guidance establishes that the interest on some refinanced mortgages and home equity loans and lines of credit will be deductible under the TCJA if it qualifies as acquisition debt. Here, we’ll answer some questions on how the TCJA is applied to mortgage and home equity loan interest, starting with a definition of residential debt.

The mortgage interest deduction began under the Tax Reform Act of 1986 (a.k.a. the old tax law). This law allowed a deduction for qualified residence interest in two separate categories: acquisition indebtedness and home equity indebtedness. It defined “acquisition debt” as new or refinanced secured debt used to acquire, construct, or substantially improve a residence. It defined “home equity debt” as secured debt that could, but did not have to, be used to acquire, construct, or improve a house.

The TCJA did not change or modify either definition.

Prior to 2018, you could deduct interest on mortgage debt up to \$1,000,000. The \$1,000,000 could be either a single mortgage or a total combined mortgage debt on a primary residence and a vacation home.

You could also deduct up to \$100,000 of the interest paid on home equity loans and lines of credit. This interest was deductible irrespective of how you used the loan proceeds. Debt consolidation? Deductible. College tuition? Deductible.

Under the TCJA, however, only acquisition debt qualifies for the interest deduction. Obviously, mortgages are loans for the acquisition or construction of a home. The TCJA caps the interest deduction for mortgages obtained after January 1, 2018, at \$750,000. All mortgage debt secured before December 31, 2017, is grandfathered under the old rules. This means that the \$1,000,000 limit still applies to mortgages that existed before the end of last year.

The TCJA also eliminates the interest deduction for home equity loans and lines of credit. Here, the TCJA contains no grandfather provisions. Even if a home equity loan or line of credit was taken before December 31, 2017, an interest deduction on its remaining balance may depend entirely on whether the debt is acquisition debt.

Yes. This is one of the ambiguities that the IRS has clarified. The TCJA kept the old tax law's definitions of acquisition debt and home equity debt; however, the TCJA looks only at the use of the debt. That is, interest is deductible if the loan is acquisition debt used to build, acquire, or improve a home. The fact that a primary residence secures a new home equity loan or line of credit is irrelevant.

Home equity loans and lines of credit are often, but not always, used to improve a residence. For example, a home equity loan used for debt consolidation or college tuition does not qualify as acquisition debt because it does not enhance the home's value. On the other hand, the same home equity loan used to build an addition that increases the home's cost basis and improves its market value meets the definition of acquisition debt.

Yes. This is another aspect of the TCJA that initially lacked clarity. The original mortgage was acquisition debt. But what if part of the refinancing is used to pay off credit cards? The interest on that portion of the refinanced loan is not acquisition debt.

No. Some tax preparers took a literal approach. They read the TCJA as barring a deduction for all home equity debt, irrespective of its use. Others took a more practical view. They interpreted the TCJA in conjunction with the old tax law's definition of acquisition debt. The IRS's recent guidance supports the practical view: interest on home equity loans and refinanced mortgages is deductible under the TCJA if the debt was used to acquire, construct, or improve residential property.


As you can see from this discussion, it's important to have a clear understanding of the rules regarding mortgage and home equity loan interest deductions under the TCJA. Given this new territory, be sure to track the use of your home equity debt so that you can provide your tax preparer with all supporting documentation.

This material has been provided for general informational purposes only and does not constitute either tax or legal advice. Although we go to great lengths to make sure our information is accurate and useful, we recommend you consult a tax preparer, professional tax advisor, or lawyer.

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The Grisly Death of Baby Girl from Griswold

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 seventh excerpt from the book in *Neighbors*. Part Two of this chapter will appear next month.
www.GoodGirlsOnBadDrugs.com

Part ONE

In 2016, of Connecticut’s 917 drug deaths, the youngest victim was 17 years old. Her overdose in a motel brothel exposed a prostitution ring that drew its clients from Backpage. That was two years before the Feds shuttered the infamous website and erased from cyberspace all of its acts of pimping.

When internet escorts mark their territories in Eastern Connecticut, they stake their claims first to the Foxwoods and Mohegan Sun casinos and then to Groton, homeport to a fleet of nuclear submarines and their crews of forlorn young sailors. Just beyond the casinos, the newer hotels independent of the gambling edifices are high-rises intended for high rollers. But Groton is host to many old and low-rise economy motels where escorts take incalls from nearby sailors and from gamblers willing to point their headlights south and drive a few miles to save a few bucks. Escorts feather their love nests among the one- and two-star motels isolated on Groton’s secondary highways. Typically, the rooms have private outdoor entrances and those on ground floors have parking right by their doorways. Easy in and out.

One such roadside motel is the Flagship Inn. Named after the commander’s ship in a naval fleet, the inn is highly decorated in name only. On Yelp, customers berate it in one-star reviews. Mark D. lamented, “I wish I could give this place zero stars.” Ellen B. of New London commented, “Locals do not go to this hotel. It is known for drugs, prostitutes, and someone was murdered there.” Ellen was referring to long-haired, hippie-garbed Desiree Michaud, whose body was found in room 114 strangled with her own hair by a john. Though only 18, she had already been busted for streetwalking across the river in New London an unlucky 13 times. Unluckier still, Desiree’s murder in 1984 remains unsolved.

For the next 30 years, the Flagship Inn remained a lair for sex workers and drug addicts. In fact, in 2016, a runaway from Griswold, two towns over from Foxwoods, fatally overdosed in room 106. Because she was a juvenile, the news media initially withheld her identity. But any inquisitive or morbid mind could unmask her by scouring the obits for all the juveniles listed. All one of them. Anyway, Griswold was a town where scandals were seldom kept secret. The truth about her identity was known to many. Her family, pillars of the community, went public in order to hold a memorial vigil to celebrate their daughter’s life and to excoriate those they called the “evil people” they held responsible for her death.

The deceased was Olivia Elizabeth Roark (1998–2016). Olivia was one of the throngs of druggies caught in the grips of opioid addiction. Second in the region only to Willimantic, Griswold is a hotbed of heroin addiction. During her short stint at Griswold High School, several of her classmates had fatally overdosed. As a juvenile on probation, she was being treated and tested for drug use and got bumped to an alternative high school for troubled youths. Protective parents always shift the blame for drug abuse onto the friends who first shared their novelties or onto the dealers who first sold their tempting baited traps or onto the irresistible drugs themselves. Parents rarely hold their own children culpable for simply wanting to get high, the same as have most youths of all cultures in all nations throughout history. The same as most parents did when they were youths. The “evil people” actually dwell within.

To those who subscribe to the gene theory of addiction, the onus of Olivia’s failings fell equally on her parents. Almost presciently, for six years her dad had been legally prescribed a high-powered opioid, hydrocodone, to treat pain from his workplace injury in a power plant explosion in Middletown in 2010. According to her parents, Olivia began acting up and mouthing off as an early teenager. At 15, she was arrested for absconding with their car. They pressed charges because of where she drove. She could have driven as far away as a tank of gas could carry her, but she drove only 12 miles to Norwich. Although it had long been a bastion for crack, in time even cracksville had become infested by prescription painkillers and heroin.

Soon after, Olivia ran away from home. The run



One of Olivia's selfies. This photo was part of her escort ads. Contributed photo.

away had already been drinking booze and smoking pot, as many kids her age do. By age 16, she was caught using cocaine and was using it long before she was caught. Opioids, too, must have coursed through Olivia’s veins. It is easy to imagine whose medicine cabinet she had first raided. Heroin was her final misstep into the chemical abyss. Olivia was so desperate to get high that she fraternized with her heroin dealer, and then in her hustle for heroin she consorted with johns. The 17-year-old blue-eyed blonde did not have to go begging for customers.

While most internet escorts were self-anointed, Olivia was encouraged to pursue that trade by her dealer-cum-boyfriend, Ramon B. Gomez, Federal Inmate Number 41133-069. He introduced her to members of a sex worker ring who were his steady customers. Gomez, a felon with a rap sheet of 26 previous arrests, was on probation for, no surprise, dealing heroin. Though enrolled in a methadone program, he was still mainlining heroin. Only someone possessed by a drug demon would mix the two because methadone is a chemical antagonist that nullifies the high of heroin.

One of Olivia’s druggie friends, Megan, Connecticut Inmate Number 413096, had connected Olivia to her dealer, Gomez. He courted the impressionable teenager. Olivia became so enamored that she shamelessly boasted about him to her parents as “my new boo,” street slang for beau or boyfriend. When her suspicious dad asked his age, she covered for the 40-year-old lothario and fibbed that he was in his mid-twenties. Olivia’s parents alleged that she left home five days before her fatal overdose on May 29. But one of Olivia’s high school dropout friends, Jordyn, claimed Olivia had already been shacking up with Gomez for over a month. During that lusty month of May, all Eros must have broken loose as Olivia and Gomez explored heroin’s and cocaine’s effects upon the brain’s limbic system while engaging in their springtime mating rituals.

Then the drug-infused fog may have lifted from Olivia’s drug-glazed eyes as she came to her senses about the older ogre. Or, after one month together, both boos may have realized that they had nothing in common beyond their lust for sex and drugs, and that the luster of sex had lost its shine. But not the luster of drugs. Now hooked on heroin, Olivia no longer could scurry home to mommy and daddy. So the pedophile peddled his sales pitch, texting her, “I’m gonna take care of you from now on ok if you listen to me you’ll always have money.”

Gomez referred Olivia to an ever-rotating heroin harem of internet escorts that shared a single room with a single queen-size bed at the Flagship Inn. Contrary to initial newspaper accounts, Gomez was not their pimp. Gomez’s commerce in drugs was lucrative enough. Those sorority sisters were Gomez’s customers, not employees. He may have been their customer. When Olivia and Gomez parted, he provided a referral so she could enter a trade where she would “always have money.” And where he could always have her.

Gomez the lecher had his drug courier fetch her and deliver Olivia to the motel, where she was welcomed

with open track-marked arms by elder Adele K. Bouthillier, Federal Inmate Number 24910-014. In desperation, the aging heroin addict had been posting escort ads several times throughout the day and many more throughout the night. On the day before Olivia’s death, she had posted no less than seven times. Using the screen name Lettie and the stage age of 34, the 42-year-old matron marketed her elder status as a fount of carnal knowledge. As Lettie, Adele was what popular culture scorned as the madam. She composed and managed all the ads, as the ads’ own tracking showed that they all originated from the same account. During the preceding two months, with Lettie as the linchpin, three other girls had drifted through the Flagship flophouse while sharing the same phone number to Succubus Central. “8609840244 Ask for Lettie” and “8609840244 Ask for Aurora” and so on for Alexa and Diamond and Baby.

Diamond was 5-foot-tall and 28-year-old Melissa “Missy” Crickmore, Connecticut Inmate Number 353834. Baby was 5-foot-tall Olivia who did not live long enough to wear her scarlet letter in the guise of a trendy inmate number.

BABY GIRL IS HERE, YOUNG AND BEAUTIFUL AND NEW TO TOWN

Hey boys, I’m Baby. I’m new to the area and want to meet you. I may be young but I know what I’m doing. I’m thick, curved and all woman. Blonde hair and blue eyed beauty. Call today for great special rates. Call me 8609840244 ASK FOR BABY. Call 8609840244 now! Poster’s age: 19
Location: Eastern Connecticut, Groton Incall Outcall
Both casinos

Baby’s stage age had matured two years forward and beyond 18, the legal age to place ads. But the 17-year-old could pass for 25 thanks to her steady diet of cigs, drugs, and fries. The thick makeup she wore as armor made her face look like a wooden mannequin’s. Eyebrow pencil sketched two semicircular arches in place of her plucked brows. The shiny orb of a facial pin protruded from the mole above her lips. Her wrinkled lips puckered into a beckoning kiss. Baby no longer resembled the rosy portrait of a teenage sweetheart that her parents had painted for the news media. Tragically, Baby looked more like a flophouse floozy.

Gomez’s pledge to take good care of Baby “from now on” meant only that he would keep Olivia enslaved to heroin and therefore to him. Contrary to Olivia’s parents’ accusations that Gomez was holding her against her will, heroin was holding her against her will. Olivia embraced the servitude. Two drugged days after Gomez’s text message, “from now on” came crashing to an abrupt dead end. Olivia overdosed and died.

A longtime sex worker of both Norwich and New London, K.K. seesawed between slim while on crack to plump while on heroin, with alcohol always serving as her central fulcrum. She was a non-blood distant relative of Gomez but knew him more intimately as her friendly neighborhood dealer. Oblivious to mainstream news media, she learned of Gomez’s link to Olivia’s death only from the talk on the streets.

K.K. speaks:

Gomez has a great personality. He hugs. He is family-oriented. He would say, “You good?” Meaning, “You need anything?” But when it comes to selling drugs, he’s serious. Fentanyl makes more money. I’ve gotten high on fentanyl without heroin, enough to get high, not to OD. The girl could have been saved if he knew what he was doing when he mixed the drugs, whether it was too much or too little fentanyl. I believe it’s his fault for mixing too much. And it’s the other girl’s fault for not saving her. I believe the other girl was afraid to touch her. I was close to a dead body when she OD’d with the needle sticking out of her arm. When it came time to save this girl’s life, I did not want to touch her. I was scared, I was crying. It’s scary to be alone with a dead body.

Part TWO will appear in the August issue of *Neighbors*.

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Thank you. T. King, Publisher

Inflammatory Bowel Disease

By Alena Bochi

Inflammatory based illnesses are on the rise in western culture. From the standard American diet, stress, lack of sleep, sedentary lifestyles, smoking, environmental pollutants, all are contributing factors to increased inflammation in the body. What can we do in this increasingly inflammatory world? It starts with the gut. Taking care of our digestive system is crucial to overall wellness as it serves many different functions including deciding which nutrients to absorb or to eliminate and is our first line of defense against bacterial or viral invaders. It can be argued one of the most important roles of the gastrointestinal system is that of supporting the immune system. An example of the immune system going awry is seen in those suffering with inflammatory bowel disease, or IBD. Inflammatory bowel disease is a broad term that refers to chronic inflammation of the intestines due to abnormal immune response.

The two main diseases that fall under the IBD umbrella are Ulcerative colitis and Crohn’s disease. Ulcerative colitis is characterized by the formation of ulcers/ (sores) and is limited to affecting the innermost lining of the large intestine. Ulcerations develop in the lining of the large intestine due to chronic inflammation leading to break down of the tissue. Crohn’s disease can involve anywhere in the gastrointestinal tract from the mouth to the anus, often affecting the small intestine. Symptoms of IBD are often unpredictable and can vary in severity. The unpredictable nature of IBD illnesses is what makes this disease so difficult to treat and prevent. As one can imagine, not knowing when symptoms will occur makes it difficult to make plans socially and can affect one’s ability to work. Offering small preventative measures can make substantial improvements in the lives of those suffering from IBD.

In diagnosing both Ulcerative Colitis and Crohn’s disease there are several tests that are run including blood work, imaging studies and physical examination. Both Ulcerative Colitis and Crohn’s disease exhibit a waxing and waning pattern of symptoms. This means that symptom flare-ups fluctuate from mild to severe. Most physical manifestations are similar, however, there are a few exceptions which one disease may exhibit more commonly than the other. Often, IBD patients suffer from abdominal pain and cramping, weight loss, frequent diarrhea (often painful), blood and mucous in the stool, fatigue, reduced appetite and weight loss, constant feeling of having a bowel movement (tenesmus) and anal irritation from several bowel movements per day leading to fissures or hemorrhoids.

Due to the inflammatory nature of IBD, this leads to breakdown of the digestive tract lining. Alterations in the gut lining leads to increased permeability. The GI tract lining is meant to be the first line of defense as not to allow any foreign substances into the body unless it is a recognized and wanted substance like a vitamin/nutrient. With increased breakdown of this important GI lining there is greater likelihood of bacteria/viruses and food products to come through the GI tract whole. These substances become presented to the immune system which leads to an inflammatory reaction. IBD being perpetuated by inflammation, this creates a situation that can increase IBD symptoms.

There are several measures that can be taken to preserve the gastrointestinal tract lining. Avoid inflammatory habits including excessive alcohol consumption, smoking and stress. Additionally, eating an anti-inflammatory diet avoiding processed foods can keep inflammation down in the body in general. While each patient is individual and requires a specific work up to determine treatment, it is prudent to avoid immune triggering foods including dairy, eggs and highly processed foods containing preservatives.

The most important digestive measure you can do to reduce inflammation is to keep the ecosystem of the GI tract balanced. There are several tests that can be done to analyze the exact make up of your digestive system and recommendations that can be made to improve balance. Avoidance of antibiotics is the best way to keep the digestive flora in balance. Antibiotics reduce healthy digestive bacteria and can lead to overgrowth of unhealthy bacteria or yeast which the immune system recognizes as foreign and further perpetuates the autoimmune reactions that fuel IBD.

Another serious concern of those with IBD is nutrient depletion. Often those with IBD become anemic and nutrient deficient due to lack of the ability to absorb through the digestive tract. Naturopathic physicians offer supportive measures to help find balance in the digestive system, improve nutrient absorption and through dietary recommendations, nutrient replacement and rebalancing the digestive ecosystem.

Written by naturopathic student Alena Bochi, while precepting at Collaborative Natural Health Partners in Manchester, CT. The physicians at Collaborative Natural Health Partners are trained in supportive IBD therapies and are in network providers with most major health insurance providers and the clinic is accepting new patients.

Our Community Calendar

Compiled By Dagmar Noll

July 2, Monday
Kids: Toddler Time Play Group, 10:30a.m. Stories, songs and activities at the Willimantic Public Library, 905 Main St, Willimantic. Info: 860-465-3082 www.willimanticlibrary.org
Kids: Maker Monday, 2:30p.m. - 4:00p.m. Ages 7+ play with LEGO, KEVA Planks, littleBits and more. Willimantic Public Library, 905 Main St, Willimantic. Info: 860-465-3082 www.willimanticlibrary.org

July 4, Wednesday
Parade: Willimantic’s 4th of July Boom Box Parade, 10:00a.m. The “people’s parade” line-up begins on Jillson Square. Bring a radio!
Block Party Fundraiser: Neighbor Fund, 11a.m. Cool drinks, foods, music and speakers. Memorial Park, Willimantic

July 6, Friday
Kids: Craft Friday, 2:30-3:30p.m. Willimantic Public Library, 905 Main St, Willimantic. Info: 860-465-3082 www.willimanticlibrary.org

July 7, Saturday
Skill Share: Edible Wild Plants & Fungi of Summer: Lecture & Walk with the 3 Foragers, 10:00a.m. - 12:30p.m. \$10. Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Register: 860-455-9534 jasper.sha@ct.gov
Boating: Canoeing in Pine Acres Pond, 4:00p.m. - 6:00p.m. Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Info: 860-455-9534 jasper.sha@ct.gov

July 8, Sunday
Hike: Long-Distance Guided Hike, 1:00p.m. - 3:00p.m. ~5 miles. Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Info: 860-455-9534 jasper.sha@ct.gov
Meditation: Willimantic Mindfulness Sangha Meditation, 7:00p.m. - 8:30p.m. Non-sectarian, Buddhist-style sitting and walking meditations, teaching and sharing. Knight House, ECSU. Info: 860-450-1464 dmangum617@gmail.com

July 9, Monday
Kids: Toddler Time Play Group, 10:30a.m. (See 7/2)
Kids: Maker Monday, 2:30p.m. - 4:00p.m. (See 7/2)

July 10, Tuesday
Live Music: Quiet Corner Fiddlers, 7:00p.m. Scotland Town Green (Rain location: Shetucket Grange). Info: qcf.webs.com

July 11, Wednesday
Kids: Game Time, 3:00p.m. - 4:30p.m. Wii iPads and more. Willimantic Public Library, 905 Main St, Willimantic. Info: 860-465-3082 www.willimanticlibrary.org
Skill Share: Djembe Drumming Lessons, 7:00p.m. - 9:00p.m. Authentic West African Rhythms, all ages, all levels. Drum provided if needed. BENCH SHOP, 786 Main St, Willimantic. Info: 860-423-8331

July 12, Thursday

July 13, Friday
History: Exhibit Opens: Unraveled Threads: Deindustrialization, Postindustrialization, and the Transformation of Connecticut’s Mill Towns, 1876-Present”. Exhibit runs through September 23 during regular hours, Fri., Sat., Sun., 10-4. Windham Textile & History Museum, 411 Main Street, Willimantic. Info: 860-456-2178 www.millmuseum.org
Kids: Craft Friday, 2:30-3:30p.m. (See 7/6)

July 14, Saturday
Festival: Experience Eastford, 8am-evening. Townwide event includes free pancake breakfast and open house at Firehouse; vintage car show at Bowen’s Garage; Heritage Day event including Bounce House, Electric Car Display and Birds of Prey; K9 Walk; Historical Society Museum; Crafts Fair at Coriander Café; live music at Frog Rock; Cemetery Tour; Frog Jump contest and cookout at the Congregational Church of Eastford. Info: eastfordct.org/townofeastford.

July 15, Sunday
Live Music: Dutch Tulip, AKA Nikita, 4:00p.m. - 7:00p.m. 15% of proceeds go to CLiCK, Willimantic. Pleasant Pizza & Maria’s Garden, 413 Pleasant Street, Willimantic
Meditation: Willimantic Mindfulness Sangha Meditation, 7:00p.m. - 8:30p.m. (See 7/8)

July 16, Monday
Kids: Toddler Time Play Group, 10:30a.m. (See 7/2)
Kids: Maker Monday, 2:30p.m. - 4:00p.m. (See 7/2)

July 17, Tuesday
Kids: Thread City Dance, 6:30p.m. Learn new dance moves, hear a story, and make a craft. Willimantic Public Library, 905 Main St, Willimantic. Info: 860-465-3082 www.willimanticlibrary.org

calendar continued on back page

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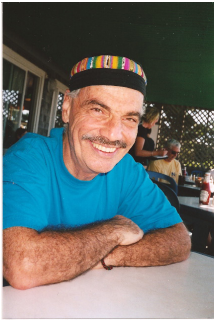


Last Thursday of the month
May through September, 5-8pm
Midway Restaurant on Rt. 44 in Ashford
Please bring a non-perishable food item
for the Ashford Food Bank
Cruisin’ Music Provided by the ‘PO’M” Oldies
Presented by the Ashford Business Association

Can ‘Common Sense’ and ‘Independence’ Rise Again? And Happy Independence Day!

By Len Krimerman

“There must be some way out of here, said the Joker to the Thief. There’s too much confusion, I can’t get no relief.”
-Bob Dylan



1. But: is there a way out of here?

To answer this question, which I sense is on lots more than my own single mind, I decided to take a sharp break from the continuing horrific and perverse nightmares of our own time – infants separated from their parents/families refused sanctuary on racist grounds, increasing opioid, gun violence, and global climate disasters, nuclear arsenals being somehow swiftly to be set aside – allegedly – by Trump-built beachfront hotels. More specifically, I journeyed back in time to our country’s birth, and to what drove our bold ancestors to separate themselves, and ultimately us, from the British empire two and a half centuries ago.

1.1 To do this, I started re-reading Common Sense, the very influential 1775-6 pamphlet of Tom Paine, who quite brilliantly identified the reasons in favor of such separation, these including:

- Any submission to or reconciliation with the British empire “tends to involve this continent in European wars and quarrels, and sets us at variance with nations who would otherwise seek our friendship”. Moreover, Paine continued, we will do well, even better, without “reconciliation” with that Empire, as our own products, e.g., fish, timber, farm crops, ships, iron ore....will be well received with or without the Monarchy’s intervention.
- England’s King (George III) has shown himself an enemy to liberty, and revealed a “thirst for arbitrary power, declaring “There shall be no laws but such as I like.”. If independence is shunned for reconciliation, this arbitrary monarchical power will be “exerted to keep this continent as low and humble as possible”.
- “It is our natural right to a government of our own”; one not based on monarchs or elite domination, but on securing “freedom and property to all”. Moreover, in “absolute governments the king is law, so in free countries the law ought to be King, and there ought to be no other.”

2. So, what’s this have to do with our own dark and degenerating condition?

Take a closer and wider look at Paine’s reasoning. Do his arguments remind you of anything happening today? Try this maneuver: substitute Donald Trump and our own current government for the King of England and his elite cronies, and substitute all of us today in America for the colonial population of 1776, when Paine published his pamphlet.

Of course, there are surface differences. Trump and all are not, of course, located in a distant land across the Atlantic, and in the strict sense, we are not literally a colony of our current government.

Still, Paine is pleading for the colonists to form a government of their own making, and a very similar plea might well be made to all of us today. For we, or 99% of us, now suffer under our own self-declared King, along with congressional and judicial systems that seem more and more dysfunctional, elite-controlled, and unaccountable, much as the House of Lords in the 18th century. Our ancestor colonists fought to throw off the shackles of an oppressive government, and become “independent and self-governing”. Is our current malaise the product of our own reconcilia-tion – compliance – with today’s so-called “democratic government”?
?

3. Who called the shots and who is calling them now?

Put it this way: Can we claim that our voices are the primary and controlling ones? In order to compare what the people wanted to what our government actually did, two political scientists recently gathered data from nearly 2,000 public-opinion surveys. What they found may or may not surprise you: The opinions of the bottom 90% of income earners in America have essentially no impact(!) at all. 90%, that’s you and I, folks. The researchers put their findings as follows:

“When the preferences of economic elites and the stands of organized interest groups are controlled for,

the preferences of the average American appear to have only a minuscule, near-zero, statistically non-significant impact upon public policy.”

Yes, we do elect “our representatives” and “our President”. But we do not have any more “influence” over them than did the colonists on the Monarch and his elite aristocrats. Our leaders do pretty much as they please, or as their deep pocket funders please. Those we “elect” are as far from being accountable as were the lords and the King of England in 1776.

In short, sad to say, our original bold and largely humane independence experiment is now defunct. Not just from Trump’s zany and debauched Presidency; it began losing life long years before that.

Within less than a century, the first American democratic experiment had failed, and no one seemed to notice, much less call for more direct and horizontal self-governance, empowering all the people. (No one, that is, besides philosopher John Dewey, who wrote with great passion about what real democracy could be, but was totally ignored. More on him next month.) As one social scientist put it,

“...the (representative) system actually denies the right of the individual to participate because having chosen their representative, ordinary people have nothing to do except to let other people govern them.... Politics for the politicians! That is the last corruption of a democracy that has knocked the foundations from under its own feet.”

3.1 Ultimately, then, what we call our “democracy” is a sham, a charade, a con, a deception. Our government, almost from its outset, was never “by, for, or of the people”. At least the colonists knew they were being mistreated and unheard, whereas today, we are continually deceived into thinking our USA’s democracy is designed to meet our needs, and that our voices have a major impact on government policy-making. (When’s the last time any of your elected politicians came looking to you for assistance in developing what you felt was most needed in your community?)

Surely, we now need as much “independence” from our contemporary ruling elites as the colonists did from their rulers in 1776. Isn’t it time to wake up to our marginalized and oppressed condition, and start thinking about – and creating – a more empowering and welcoming form of democracy, one we deserve as our “natural right”?

4. But just how to do this?

As a start, think about the following from an article by David Bollier entitled “Bologna, A Laboratory for Urban Commoning”. It provides a working model of what some have called, “the Partner State”. Next month I’ll describe some additional “working models”, some of which I’m imagining could work here, in our own backyards and communities. Till then, enjoy “Independence Day!”

Anarchist anthropologist David Graeber argues in his recent book, The Utopia of Rules, that bureaucracy is the standard mechanism in contemporary life for coercing people to comply with the top-down priorities of institutions, especially corporations and government... Is there a more human, participatory alternative that can actually work?

The good news is that the City of Bologna, Italy, is pioneering a new paradigm of municipal governance that suggests, yes, there are some practical, bottom-up alternatives to bureaucracy.

Two weeks ago, the city government celebrated the first anniversary of its Bologna Regulation on public collaboration for urban commons, a system that actively invites ordinary citizens and neighborhoods to invent their own urban commons, with the government’s active assistance....

How does the program work?

It starts by regarding the city as a collaborative social ecosystem. Instead of seeing the city simply as an inventory of resources to be administered by politicians and bureaucratic experts, the Bologna Regulation sees the city’s residents as resourceful, imaginative agents in their own right. Citizen initiative and collaboration are regarded as under-leveraged energies that – with suitable government assistance – can be recognized and given space to work. Government is re-imagined as a hosting infrastructure for countless self-organized commons.

To date, the city and citizens have entered into

more than 90 different “pacts of collaboration” – formal contracts between citizen groups and the Bolognese government that outline the scope of specific projects and everyone’s responsibilities. The projects fall into three general categories – living together (collaborative services), growing together (co-ventures) and working together (co-production).

Phase I projects over the past year included a kindergarten run by parents, a “social streets” initiative, and an urban agricultural coop. In the coming year a new set of Phase II test projects selected by citizens will attempt to extend the scope of the efforts – perhaps with collaborative housing and new sorts of social services provisioning, perhaps with new co-learning programs in the public schools and neighborhood markets.



Poetry in the Park

Submitted by Suzy Staubach

Hugh Blumenfeld, Thursday, July 27, 6:30 pm
Julia de Burgos Park, Poet’s Corner, Willimantic, CT

Hugh Blumenfeld will read in the Julia de Burgos Park as part of the annual Poetry in the Park series hosted by the Curbstone Foundation. The reading is free and open to the public. Please join us and sit in the small stone amphitheater or bring a chair or blanket. Relax and enjoy the poetry.

Hugh Blumenfeld is a poet, singer, songwriter, musician and physician. The Boston Globe described his work as “words and music full of passion and poetry” while DJ/columnist Ed McKeon calls him “as sharp a political and social satirist as any songwriter writing today.” He has served as the Connecticut State Troubadour, was active in the Greenwich Village folk music scene in the 80’s, spent a decade touring the US and Europe, has taught English on the college level, and currently practices family medicine in Hartford while continuing to perform. He has released numerous CD’s including most recently Dad from Waterbug Records and was included in the second edition of the Curbstone Anthology Poetry Like Bread.www.facebook.com/Poetry-in-the-Park 860-287-8056

Calling All Vendors and Artists For the Downtown Country Fair

By Susan Beauregard

The Downtown Country Fair has become a popular tradition in Willimantic. It’s a free and fun family event for all to attend that features live music, local food, regional artisans and craftsmen, and imaginative children’s activities. Every year the Co-op strives to provide a fun, creative, and environmentally sound event that promotes local skills and craftsmanship, and this year is no different.

The 2018 The Downtown Country Fair will be celebrating its 20th anniversary on Saturday September 29th and we are looking for vendors! Are you an artisan or craftsman looking for a unique event to sell your creations? Are you a local food vendor looking to get your name out there? Are you a non-profit that is looking for a well-attended event to do outreach? Then purchase a vendor booth by contacting Alice Rubin at the Co-op at alice.rubin@willimanticfood.coop.

Vendors and not-for-profit groups pay \$10 for a 10x10 space. Only items made in the Quiet Corner – Windham, Tolland and New London Counties – will be accepted. Food vendors pay \$50 for a 10x10 space, permits are the responsibility of the vendor and the Co-op requests that locally grown produce be used when possible. You can get an application by visiting the Willimantic Food Co-op or by going to the website at www.willimanticfood.coop/events/downtown-country-fair/.

America’s Moonlight Schools

By P.K. Willey

Virginia Alexandria Stewart Prewitt’s Father, A.T., was to marry two remarkable women; each in their own right were to have profound impact on our Country. Virginia’s Mother, Clemma Olive Lacy Stewart, was A.T.’s second wife. He married his first wife, Cora Wilson Stewart, in 1902 when he was 24 years old. They met in the Morehead school system, where A.T. was a teacher, and Cora was ‘the boss of his boss’, the county Superintendent of Schools. She had begun teaching at 15 years of age, had already established herself as an independent thinker, capable of initiating positive social reforms. Several of her proposals and measures passed in the Kentucky State Legislature in Frankfort. She knew how to move people to action, how to push things through despite the unequal handicaps women were under. During the marriage a beautiful baby boy was born, who tragically died at two years of age. Their final divorce (they married each other twice) was in 1910.

As a young girl Cora had been deeply affected witnessing fatal family feuds amongst illiterate folk in Rowan County, KY. She knew creating broader commonalities through education was a way to bring the isolated rural mountain people into technological progress as well as peaceful co-existence. As superintendent, she realized the tremendous handicap illiterate parents of her students faced. They could not write to their children, nor read their letters when they got them, often trudging miles to ask Cora to read them and write replies.

In 1911, Cora began the Moonlight Schools of the Appalachia for adult education. Called Moonlight as it was after the day’s work in the mines on the farms that the adults could spare time, and on foot paths lit by the moon that they reached their one room schools. Young college educated women from New England, filled with enthusiasm streamed towards the Appalachia to help the noble cause. An account of the effort relates:

“Folks who could already read and write were invited to come, too. They could help the beginning pupils. Three hundred? More than four times that number turned out on the night the first class opened. Practically the complete roll of the illiterate in Rowan County!”

“The enthusiasm continued. The pupils worked hard, as, of course, did the teachers. Children helped their fathers and mothers, family antagonisms of long standing faded away as neighbors shared the same bench and read from the same book.”

“How they all hungered and thirsted to learn! How they worked to make their writing more perfect, leaning to the task over desks built for their children. What happiness they knew when they wrote their first letters to the teacher, to faraway relatives, to a son or daughter, whose surprise and joy of a letter from mother or father was fondly imagined.”

Cora wrote the unique textbooks geared towards adult literacy and through them instruction in living-up to high personal ethical standards, as well as standardized societal norms were intertwined. They related to the realities of the rural farming life, with readings on agriculture, horticulture, forestry, good roads (a serious issue in the mountainous region, traversed by horse-carts), hygiene, home science, applicable technology, and Bible lessons.

Cora changed the perception of being ‘literate’ from being ‘elite’ or ‘snobbish’ to a means towards personal prosperity, to keep up with national life, social progress. Her work, pulling on literate volunteers succeeded in achieving massive adult literacy throughout the south, but by 1930’s was sidelined by an industry tied group that had taken over public education in the US with increasing influence, demanding new requirements, as “professionally trained teachers”.

In 1926, Cora became the director of the National Illiteracy Crusade. She received White House recognition for her noble work, and worked for President Hoover from 1929-1933 as Chairperson. The example of the Moonlight schools showed how community efforts at local levels could be incredibly effective when carried out by knowing, concerned persons. Hats-off to a lesser-known American Heroine, making her mark in our nation by her fearless, caring heart!



Cora Wilson Stewart, 1875-1958



Good Girls On Bad Drugs
Mark Mathew Braunstein

Addiction Nonfiction of the Unhappy Hookers

Sex & Drugs
in Willimantic,
New London,
Norwich, and
our two casinos

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one life.
And often,
one death.


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Plant-Based Cooking Classes

By Nicole T. Smith, L.Ac

Need help with knowing how to prepare healthy, plant-based meals that are easy to make and incredibly tasty?

What do top athletes, celebrities, musicians, and TV icons such as Tom Brady, Natalie Portman, Brad Pitt, Ashley Judd, Carrie Underwood, and Betty White have in common? They all follow a plant-based diet! Bruce Springsteen, vegetarian, and now approaching 70, is reported to have nearly the same size waist as he did at age 15.

Have you thought about turning to more of a plant-based diet? What does this even mean?

A plant-based diet is one that focuses on vegetables, fruits, whole grains, nuts, seeds, and legumes. But wait, you might be thinking: I thought you needed to get protein from animals and milk gave you strong bones! These are common myths that have influenced many astray.

America leads the world in meat and dairy consumption, and, at the same time, surpassing many countries with astounding rates in obesity, diabetes, heart disease, cancer, and numerous other ailments. And what country is in the forefront of spending on prescription drugs? That's right, America. At \$800 billion in just one year, America is double the average.

Studies show that a plant-based diet puts you at the lowest risk for most of the diseases and sicknesses people have today. Yet, nearly 90% of Americans do not meet their daily intake of fruits and vegetables. Top that off with diets high in refined sugar and processed, packaged foods, it's no secret why more people feel bad than good.

Some of the many benefits by following a more plant-based diet:

- Lose weight
- Lower blood pressure and cholesterol
- Reverse or prevent diabetes
- Alleviate pain and inflammation
- Increase circulation and diminish risk of heart disease
- Decrease danger of cancer, including female cancers and prostate cancer
- Promote anti-aging
- Improve your skin
- Help with allergies and sinus
- Reduce behavioral and emotional issues
- Save money on grocery bills

I have been in the medical field for over 20 years, and in private practice as an acupuncturist for over a decade. Patients come to me with back and neck pain, migraines, intestinal woes, diabetes, restless leg syndrome, anxiety, infertility, high blood pressure, allergies, skin problems, stubborn fat loss, and menopause symptoms, just to name a few.

In addition to using acupuncture to relieve symptoms and lessen or eliminate medication, each and every patient gets an extensive nutritional and diet analysis to see where they are going wrong, and how to make it right.

In the quest to make plant-based eating fun, easy, and tasty, and also at the request of many of my patients, I decided to offer plant-based cooking classes at my office location in Scotland, CT. A beautiful outdoor kitchen, reminiscent of what one might encounter in southern France or Italy, was just finished this month, with ample counter space and seating to welcome all who desire to learn how delicious a plant-based diet can be.

Sample menus to be offered:

Filling vegan tacos with hearty side dishes
Comfort foods such as shepherd's pie, apple crumble, sloppy joes, and nachos
Picnic favorites such as corn bread, potato salad, and strawberry shortcake
Super snacks, weight loss foods, and healthy versions of "cheat" foods

Also offering practical and simple ways to begin the path to a better you.

Learn what to buy, and where to buy it
How to put everyday items together to make delicious dishes
No long steps or hours of preparation
What items to always have on hand
How to prepare for lunch out of the house and what snacks to keep around

If you're looking to get your health on track, lose weight, provide better meals for your family, or perhaps all of the above, then these classes are for you. No matter what your budget, your cravings or weaknesses, or your schedule, these classes are a fit for all.

Can't wait to meet you and cook up some lovely surprises and meals for you to enjoy!

For the full schedule and additional details on the classes, please visit: www.ThePamperedPorcupine.com
Study citations available upon request.

Nicole T. Smith, L.Ac. is a Board-certified and licensed acupuncturist, and owner of The Pampered Porcupine Acupuncture, located in Scotland, CT. Insurance accepted.

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July 18, 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
Kids: Instrument Petting Zoo, 3:00p.m. - 4:00p.m. Come try out all different kinds of musical instruments. Willimantic Public Library, 905 Main St, Willimantic. Info: 860-465-3082 www.willimanticlibrary.org
Skill Share: Djembe Drumming Lessons, 7:00p.m. - 9:00p.m. (See 7/11)

July 19, Thursday
Hiking: Senior Walk, 12:00p.m. - 2:30p.m. Free. Easy walk not just for seniors. Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Info: 860-455-9534 jasper.sha@ct.gov
Festival: 3rd Thursday Street Festival, 6:00p.m. - 9:00p.m. Main Street, Willimantic closes for food, music and fun! Info: www.willimanticstreetfest.com

July 20, Friday
Kids: Craft Friday, 2:30-3:30p.m. (See 7/6)

July 21, 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
Nature: Brriding Bird Studies in Connecticut, 2:00p.m. - 3:00p.m. Learn about field methods used in Connecticut forests to study breeding birds and common nest predators. Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Register: 860-455-9534 jasper.sha@ct.gov
History: Talk: Unraveled Threads: Deindustrialization, Postindustrialization, and the Transformation of Connecticut's Mill Towns, 1876-Present", 4pm. Talk by Museum Director Jamie Eves. Windham Textile & History Museum, 411 Main Street, Willimantic. Info: 860-456-2178 www.millmuseum.org

July 22, Sunday
Nature: Why Waterfalls?, 1:00p.m. - 3:00p.m. All about waterfalls. 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 7/8)

July 23, Monday
Kids: Toddler Time Play Group, 10:30a.m.

(See 7/2)
Kids: Maker Monday, 2:30p.m. - 4:00p.m. (See 7/2)

July 25, Wednesday
Kids: Stepping Stones, 3:00p.m. Ages 8+ make a piece of art at the Willimantic Public Library, 905 Main St, Willimantic. Info: 860-465-3082 www.willimanticlibrary.org
Skill Share: Djembe Drumming Lessons, 7:00p.m. - 9:00p.m. (See 7/11)


July 27, Friday
Kids: Craft Friday, 2:30-3:30p.m. (See 7/6)

July 28, Saturday
History: Mill of the Month goes to the American Precision Museum in Windsor, VT. \$10. Carpool from Windham Textile & History Museum, 411 Main Street, Willimantic. Register: 860-456-2178 www.millmuseum.org
Nature: Connecticut Conservation: Amphibians and Reptiles, 10:00a.m. - 12:00p.m. Hands-on lab led by Hank Gruner, herpetologist. Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Register: 860-455-9534 jasper.sha@ct.gov

July 29, Sunday
Kids: Discover Goodwin Forest Youth Series: Pollinators, 1:00p.m. - 3:00p.m. Build a bee condo and lear about pollinators. 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 7/8)

July 30, Monday
Kids: Toddler Time Play Group, 10:30a.m. (See 7/2)
Kids: Maker Monday, 2:30p.m. - 4:00p.m. (See 7/2)

July 31, Tuesday
Skill Share: Garden Installation Workshop with New England Wild Flower Society, 1:00p.m. - 4:00p.m. Workshop for novice gardeners age 16+. Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Register: 860-455-9534 jasper.sha@ct.gov
Skill Share: Pollinator-Friendly Gardening, 6:00p.m. - 8:30p.m. Lecture and tour. Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Register: 860-455-9534 jasper.sha@ct.gov
Kids: Rock'n Nature Animal Show, 6:00p.m. Learn about animals who sing in nature. Live animals! Willimantic Public Library, 905 Main St, Willimantic. Info: 860-465-3082 www.willimanticlibrary.org



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